

Appendix

Common emotions experienced when needs are met and unmet.

← Column 1: feelings likely to occur when your needs are being met.

← Column 2: feelings likely to occur when your needs are not being met.

| Common Emotions When Needs Are Met | Common Emotions When Needs Are Unmet |
|------------------------------------|--------------------------------------|
| Happiness | Frustration |
| Satisfaction | Anger |
| Relief | Disappointment |
| Excitement | Sadness |
| Peace | Loneliness |
| Gratitude | Fear |
| Pride | Anxiety |
| Love | Despair |
| Security | Insecurity |
| Optimism | Guilt |
| Joy | Shame |
| Amusement | Jealousy |
| Contentment | Envy |
| Inspiration | Regret |
| Admiration | Boredom |
| Compassion | Helplessness |
| Empowerment | Overwhelm |
| Enthusiasm | Resentment |
| Affection | Indifference |
| Elation | Disgust |