



# Major Emotions and Their Opposites

**Abandoned** – Adopted, Cherished, Defended

**Afraid** – Brave, Calm, Composed, Fearless

**Alone** – Together

**Annoyed** – Gratified, Pleased

**Anxious** – Brave, Calm, Collected

**Ashamed** – Calm, Confident, Happy, Joyful

**Betrayed** – Assisted, Helped, Loyal, Faithful

**Blamed** – Approval, Praise

**Bored** – Energized, Refreshed

**Burdened** – Unloaded

**Cheated** – Faithful, Fair

**Concerned** – Calm, Collected, Composed

**Confused** – Clear, Composed, Organized

**Crazy** – Balanced, Calm, Collected, Sane

**Heaviness** – Thinness, Light

**Despair** – Hope, Joy

**Devastated** – Create, Construct, Guarded, Protected

**Disappointed** – Calm, Cheerful, Comforted, Encouraged

**Disgusted** – Attracted, Delighted, Pleased

**Doubt** – Belief, Calm, Clarity, Certainty, Confidence

**Helpless** – Able, Capable, Fit, Powerful

**Embarrassed** – Composed

**Empty** – Full

**Exhausted** – Able, Active, Energized, Strong

**Guilty** – Innocent, Right, Moral, Good

**Impatient** – Easy Going, Controlled, Patient, Tolerant

**Inadequate** – Able, Abundant, Capable, Enough

**Insecure** – At Ease, Calm, Collected, Composed

**Horrified** – Brave, Calm, Fearless

**Hurt** – Happy, Pleased

**Lazy** – Active, Careful, Attentive, Energetic

**Lethargic** – Alert, Active, Animated, Lively

**Lonely** – Populated, Close, Loved, Sociable

**Uncertain** – Sure, Confident, Predictable

**Lost** – Seen, Alive, Attentive, Aware

**Offended** – Flattered, Praised, Complimented

**Outraged** – Calm, Relaxed, Happy

**Pressured** – Free, Left Alone, At Ease

**Punished** – Cleared, Released, Exonerated

**Trapped** – Free

**Rage** – Calm, Love, Peace, Indifference

**Rebellious** – Happy, Obedient, Compliant

**Regret** – Comfort, Content, Delight, Joy

**Rejected** – Cherished

**Resentment** – Delight, Happy, Connected, Free

**Sadness** – Cheer, Happiness, Joy

**Scared** – Bold, Brave, Cool, Courageous

**Self Conscious** – Calm, Comfortable, Confident, Easy

**Shame** – Pride, Approval, Esteem, Honour, Respect

**Silly** – Intelligent, Mature,

**Suffering** – Ease, Calm, Relief, Joy

**Worried** – Calm, Comforted, Happy, Relaxed

**Wary** – Certain, Careless

# List of Tertiary Needs

## Connection Needs

Acceptance  
Affection  
Appreciation  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Love  
Mutuality  
Nurturing  
Respect/self-respect

## Autonomy Needs

Choice  
Freedom  
Independence  
Space/Boundaries  
Spontaneity  
Exploration

## Certainty Needs

Safety  
Comfort  
Security  
Order  
Stability  
Support  
To know and be known  
To see and be seen  
To be understood  
Trust  
Warmth

## Physical Needs

Food  
Movement/exercise  
Rest/sleep  
Sexual expression  
Safety  
Touch

## Peaceful Needs

Beauty  
Ease  
Equality  
Harmony  
Inspiration

## Growth Needs

Self-Development  
Self-Realization  
Success  
Progress  
Achievement  
Opportunity  
Expansiveness  
Learning  
Awareness  
Challenge  
Stimulation

## Honesty Needs

Authenticity  
integrity  
Presence

## Play Needs

Joy  
Humor

## Contribution Needs

To give  
To share  
To create  
To teach  
To nurture  
To assist  
To be present

## MEANING

Clarity  
Competence  
Consciousness  
Discovery  
Effectiveness  
Hope  
Mourning  
Participation  
Purpose  
Attention  
Validation  
Self-expression  
To matter