

ENERGY CHECK: FEELINGS* (e-motion is energy in motion)

FRIENDLY

affectionate
compassionate
open hearted
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
fascinated
interested
intrigued
stimulated

EXCITED

amazed
animated
ardent
astonished
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised

GRATEFUL

appreciative
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic

PLEASED

amused
delighted
glad
happy
joyful
jubilant
pleased
proud

INSPIRED

amazed
awed
wonder

COMFORTABLE

calm
centered
content
fulfilled
mellow
peaceful
quiet
relaxed
relieved
satisfied
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

AFRAID

apprehensive
frightened
mistrustful
panicked
scared
suspicious
terrified
worried

ANNOYED

aggravated
dismayed
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed

CONFUSED

ambivalent
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
unintereste

HOSTILE

animosity
contempt
disgust
dislike
hate
horrified
repulsed

PAIN

agony
bereaved
devastated
grief-stricken
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
gloomy
heavy hearted

hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy

frazzled
irritable
nervous
overwhelmed
restless
stressed out

EMBARRASSED

guilty
flustered

UNCOMFORTABLE

agitated
alarmed

disturbed
rattled
restless
shocked
startled
surprised
troubled
uneasy
unsettled
upset

VULNERABLE

fragile
guarded
helpless
insecure
reserved
sensitive

TIRED

depleted

Energy is the Foundation of Health

UNIVERSAL HEALTHY HUMAN NEEDS*/VALUES

BELONGING

affection
bonding
caring
connection
cooperation
community
companionship
emotional safety
mutuality
participation
respect
stability
support
warmth

COMMUNICATION

to hear others and
be heard
to be understood
compassion
empathy
reassurance

CONTRIBUTION

to the well-being
of others
healing
nurturing
teaching

UNDERSTANDING

awareness
clarity
guidance
information
learning/mastery
reflection

PHYSICAL WELL-BEING

air/food/water
shelter
health
comfort
safety/security
movement/exercise
rest/relaxation
space

PURPOSE

accomplishment
contribution
creativity
effectiveness
hope
inspiration
meaning
vision

INDEPENDENCE

autonomy
choice (goals/values and
how to realize them)
creativity
freedom (to carry
out your tasks)
spontaneity

SELF WORTH

authenticity
effectiveness
honesty
integrity
self-worth
self-respect
sense one matters

RECOGNITION

that one's being is
of value
consideration
fairness
inclusion
to know others
and be known
to see others and
be seen

TRUST

acceptance
appreciation
consistency
security

STIMULATION

challenge
discovery
excitement
growth
intensity
passion
play

HARMONY

beauty
delight
comfort
ease
equality
grace
humour
order
peace
pleasure

CELEBRATION/MOURNING

celebrating visions
fulfilled
mourning losses and
limitations
grieving visions unfulfilled

*"The most exciting breakthroughs
of the 21st century will not occur
because of technology but because
of an expanding concept of what it
means to be human"*

John Naisbitt, Futurist