

Character Strengths

We can also refer to these as virtues or qualities of Love.
These are empowering ways of being that help us through difficulties.

Accepting	Empathic	Loving
Accountable	Encouraging	Loyal
Appreciative	Enduring	Mindful
Assertive	Enthusiastic	Modest
Attentive	Excellent	Orderly
Balanced	Fair	Open
Clean	Faithful	Optimistic
Caring	Flexible	Orderly
Coachable	Friendly	Patient
Committed	Focused	Peaceful
Compassionate	Forgiving	Perseverant
Confident	Generous	Playful
Considerate	Gentle	Prayerful
Contented	Grateful	Present
Cooperative	Harmonious	Purposeful
Courageous	Helpful	Reliable
Courteous	Honest	Respectful
Creative	Honoring	Responsible
Decisive	Humble	Reverent
Dedicated	Inclusive	Self-disciplined
Dependable	Independent	Serene
Detached	Inspiring	Tactful
Determined	Integrous	Trusting
Devoted	Joyful	Trustworthy
Diligent	Just	Understanding
Discerning	Kind	Visionary
Embracing	Light-hearted	Wise

Emotions Inventory

The following are the words we use when we want to express a combination of emotional states and physical sensations. This reduced list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

Emotions when your needs/values/longings are not satisfied

AFRAID

frightened
scared
suspicious
terrified
worried

ANNOYED

frustrated
impatient
irritated

ANGRY

hate
shocked
surprised
upset
violent

CONFUSED

hesitant
torn

EMBARRASSED

DISCONNECTED

bored
distant
indifferent
numb
uncomfortable
withdrawn

TIRED

exhausted
sleepy

SAD

depressed
despair
disappointed
discouraged
grief
heartbroken
hurt
lonely
nostalgic
regretful

TENSE

anxious
irritable
nervous
overwhelmed
stressed out

VULNERABLE

guarded
insecure
sensitive

Emotions when your needs/values are satisfied

AFFECTIONATE

compassionate
loving
open
warm

ENGAGED

curious
interested

HOPEFUL

encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

aroused
eager
enthusiastic
passionate

GRATEFUL

moved
touched

INSPIRED

JOYFUL

delighted
happy
ecstatic
elated

REFRESHED

renewed
rested

PEACEFUL

calm
clear headed
comfortable
centered
content
fulfilled
relaxed
relieved
satisfied
trusting



Universal Human Needs/Values

We can also refer to these as our longings, desires, inspirations and motivations.

SECURITY & SUBSISTENCE

Physical Sustenance

Air
Food
Health
Movement
Physical Safety
Rest / Sleep
Shelter
Touch
Water

Security

Consistency
Order / Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trust

FREEDOM

Autonomy

Choice
Ease
Independence
Power
Self-Responsibility
Space
Spontaneity

Leisure / Relaxation

Humor
Joy
Play
Pleasure
Rejuvenation

CONNECTION

Affection

Appreciation
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual Expression
Support
Tenderness
Warmth

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutual Recognition
Respect
To be heard
To be seen
To be know
To be understood
To be trusted
To understand others

Community

Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality
Participation
Partnership
Self-Expression
Sharing

MEANING

Sense of Self

Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-Acceptance
Self-Care
Self-Connection
Self-Knowledge
Self-Realization
Mattering to myself

Understanding

Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation

Meaning

Aliveness
Challenge
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Celebration of life
Communion
Faith
Flow
Guidance
Hope
Inspiration
Mourning
Peace (internal)
Presence

PRIMARY NEEDS: PRIMARY EMOTIONS:

*Connection	Glad
*Safety	Scared
Respect	Mad
Appreciation	Sad
To Be Seen Clearly	Frustrated
To Be Understood	Confused

From the moment we wake up, until we go to sleep night, nearly everything that we do is a strategy or attempt to meet these universal human needs/values in a certain way. Please do not confuse the word needs with the judgment of "being needy."