



These feelings and needs images have been adapted from downloadable cards available for free in multiple languages at www.TheNoFaultZone.com.

**Friendly · Loving
Tender · Warm**



Thankful · Grateful



Playful · Exuberant



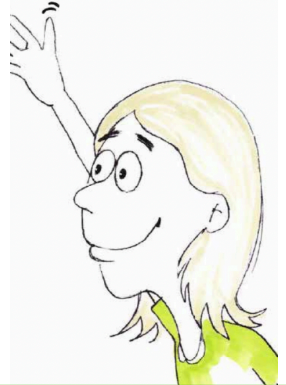
**Peaceful · Content
Calm · Relaxed**



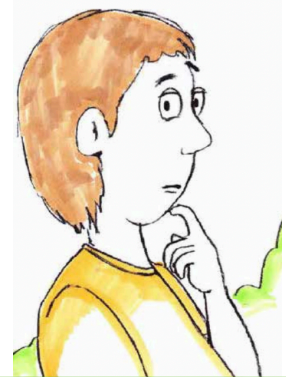
**Happy · Glad
Delighted · Cheerful**



**Excited · Enthusiastic
Energetic · Eager**



Curious · Interested



Other Pleasant Feeling
Other Unpleasant Feeling

Frustrated



**Unsettled · Concerned
Tense**



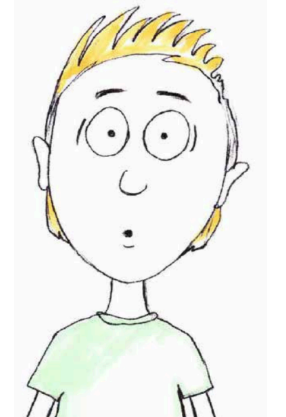
**Scared · Worried
Afraid**



**Confused · Puzzled
Mixed Up · Unsure**



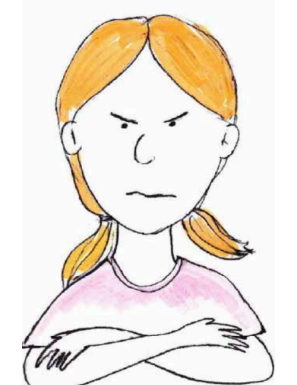
Surprised · Shocked



**Sad · Unhappy
Disappointed · Lonely**



**Angry · Mad
Furious · Upset**





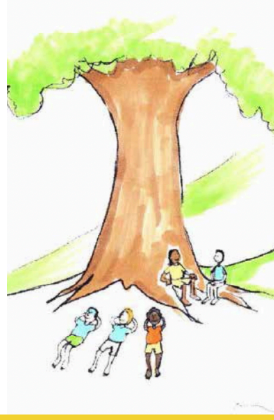
**Community · Friends
Belonging**



Play · Fun



Rest · Relaxation



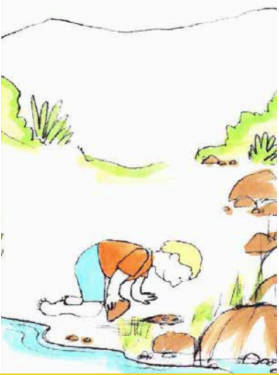
**To Be Heard
To Be Understood**



**Choice · Autonomy
Freedom**



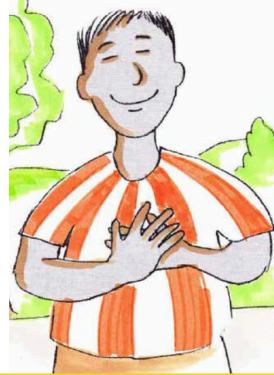
**Learning · Exploration
Discovery**



**Capability
Competence · Skills**



**Understanding Me
Self-Empathy**



**Understanding Others
Empathy**



**Self-Expression
Creativity**



Safety · Trust



Giving · Sharing



Help · Support



**Respect · To Matter
To Be Considered**



**Other
Need**