

Clarify and express your experience with a **FAB**: “**I Feel** \_\_ **About** \_\_ **Because I need** \_\_.”

Pleasant Emotions		Unpleasant Emotions	
Curious Interested	Excited, Enthusiastic Energetic, Eager	Angry, Mad Furious, Upset	Confused, Puzzled Mixed Up, Unsure
Thankful Grateful	Playful Exuberant	Worried Scared, Afraid	Tense, Unsettled Concerned
Friendly, Loving Tender, Warm	Happy, Glad Delighted, Cheerful	Frustrated Discouraged	Sad, Unhappy Disappointed
Peaceful, Content Calm, Relaxed	Surprised, Shocked (Pleasant)	Lonely	Surprised, Shocked (Unpleasant)
Other		Other	

Universal Human Needs			
Capability, Skills Competence	Choice, Autonomy Freedom	Community, Friends Belonging	Giving Sharing
Help Support	Learning Exploration, Discovery	Play Fun	Respect, To matter To be considered
Rest Relaxation	Safety Trust	Self-expression Creativity	To be heard To be understood
Self-empathy Understanding Me	Empathy Understanding Others	Predictability Routine	Other