



Humanistic Spirituality

While it sounds obvious, many of us simply don't realize that there is a link between our feelings and our underlying needs that often go unmet. These lists are designed to help us more accurately understand what we feel and guide us to what it is we're missing. The Underlying Needs/Qualities list can help us discern those underlying needs that correspond to and are connected to the feelings, and by doing so, help us see what to pursue that will be most healing in our lives. Please utilize them while watching the videos or anytime you are unclear about exactly what you are feeling and need. Our guides are an invaluable resource for therapists, clients, and anyone wanting to understand and take better care of themselves.

Resistant Feelings	Underlying Needs/Qualities
Agitation	harmlessness, relaxation, peace
Aggression	contained, peaceful, receptivity, communication
Alienating	befriending, receptivity
Annoyance	acceptance, friendliness, nonjudgmental
Aversion	kindness, acceptance, embracing
Cold	tolerant, kind, friendly
Competitive	cooperative, inclusiveness, connection
Contracted	expansion, acceptance, opening, receptivity
Disgust	harmlessness, tolerance, acceptance, embrace
Distrust	trust, faith,
Exasperated	calm, tolerant, accepting,
Frustration	tolerance, support, cooperation, encouragement
Guilt	acceptance, self-trust, innocence
Hatred	reflection, tolerance, acceptance, understanding,
Hostility	acceptance, tolerance, friendliness, kindness
Impatience	control, tolerance, patience, ease, acceptance
Intolerance	patience, acceptance, receptivity
Irritation	harmlessness, calmness, peace, kindness
Jealousy	adequacy, self trust, confidence
Judgmental	acceptance, tolerance, kindness
Pessimistic	trust, positivity,
Moralistic	receptivity, humility, acceptance
Outrage	harmlessness, tolerant, peace
Rage	harmlessness, peace
Repulsion	tolerance, presence, acceptance
Resentful	harmlessness, calm, tolerant
Resistance	receptivity, presence, engagement
Sarcastic	humility, kindness, respect
Self Hatred	acceptance, kindness, love
Skeptical	trusting, accepting,
Superiority	appreciation,
Uptight	peaceful, relaxed, friendly
Wary	witnessing, presence, calm, self confident

Vulnerable Feelings

Underlying Needs/Qualities

Anxiety	relaxation, Peace, ease, calm
Despair	kindness, encouragement, hope
Embarrassment	comfort, trust, confidence
Emptiness	tenderness, acceptance, fullness, meaning
Fear	courage, security, trust, faith
Grief	relieving, loving, kind, tender,
Helpless	capable, competent, helpful,
Hopeless	tolerance, acceptance, comfort encouragement
Hurt	comfort, soothing, healed
Inadequate	acceptable, competent, sufficient
Incompleteness	acceptance, satisfaction, fullness
Insecure	security, trust, awareness, faith
Insufficient	adequate, satisfied, abundant,
Lonely	connected, befriended, affinity, loved
Lost	attentive, aware, content
Needing	satisfied, fulfilled, complete
Pain	comfort, help, well being
Regret	sensitivity, contentment, connection
Remorse	responsibility, self-trust, innocence,
Sadness	acceptance, relief, comfort, happiness
Shame	honor, innocence, trust
Sick	gentleness, wellness, healing
Sorrow	relief, help, tenderness,
Wanting	adequate, satisfied,
Weak	acceptance, bold, strength

Tones of Voice

With every utterance, our tone of voice communicates so many things – some we are aware of and many we are not. Awareness of our tones of voice is a critical tool in helping us discover our intentions, our moods, whether or not we are sincere, and so much more. Gaining this awareness gives us the chance to understand how we unwittingly are hurting others and ourselves, and can help us focus on the purest qualities of our heart.

Challenging Tones

Agitation
 Alienating
 Annoyance
 Aversion
 Cold
 Competitive
 Contracted
 Distrust
 Exasperated
 Frustration
 Guilt
 Hostility
 Impatience
 Intolerance
 Irritation
 Jealousy
 Judgmental
 Moralistic
 Outrage
 Resentful
 Resistance
 Sarcastic
 Self-hatred
 Skeptical
 Superiority
 Uptight
 Wary

Healing Tones

relaxation, peace
 acceptance, receptivity
 acceptance, friendliness
 acceptance, embracing, receptivity
 tolerant, kindness, friendly
 inclusiveness, connection
 acceptance, receptivity
 trust
 tolerant, accepting,
 tolerance, support
 innocence
 friendliness, kindness
 patience, acceptance
 patience, receptivity
 harmlessness, calmness
 adequacy, self trust
 acceptance, tolerance
 humility
 harmlessness, tolerant
 harmlessness, tolerant
 receptivity, presence,
 humility, respect
 acceptance, love, self-compassion
 trusting, accepting,
 appreciation, mutuality
 peaceful, relaxed
 presence, calm, self-confident, trusting