

Humanistic Spirituality

Physical Needs

Sleeping
Shelter
Warmth
Safety
Food
Water
Health

Personal Needs and Desires

Acceptance	Joy
Achievement	Kindness
Affection	Being known
Affection	Learning
Appreciation	Love
Authenticity	Meaning
Autonomy	Mutuality
Belonging	Being needed
Belonging	Peace
Companionship	Play
Compassion	Presence
Consideration	Purpose
Connection	Recognition
Consistency	Relaxation
Courage	Respect
To be desired	Safety
Creativity	Security
Empathy	Being seen
Freedom	Self-esteem
Friendship	Self-sufficiency
Friendship	Self-worth
Fulfillment	Sexual intimacy
Generosity	Strength
To grieve	Success
To grow	Support
Honesty	Support
Humor	Trust
Inspiration	Being understood
Intelligence	Being Valued
Intimacy	

Humanistic Spirituality

Resistant Emotions

Underlying Needs and 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

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Vulnerable Feelings of Resistance

Underlying Needs and 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



Humanistic Spirituality

Challenging Tones

Qualities of Healing

Agitation	relaxation, peace
Alienating	acceptance, receptivity
Annoyance	acceptance, friendliness
Aversion	acceptance, embracing, receptivity
Cold	tolerant, kindness, friendly
Competitive	inclusiveness, connection
Contracted	acceptance, receptivity
Distrust	trust
Exasperated	tolerant, accepting,
Frustration	tolerance, support
Guilt	innocence
Hostility	friendliness, kindness
Impatience	patience, acceptance
Intolerance	patience, receptivity
Irritation	harmlessness, calmness
Jealousy	adequacy, self trust
Judgmental	acceptance, tolerance
Moralistic	humility
Outrage	harmlessness, tolerant
Resentful	harmlessness, tolerant
Resistance	receptivity, presence,
Sarcastic	humility, respect
Self-hatred	acceptance, love, self-compassion
Skeptical	trusting, accepting,
Superiority	appreciation, mutuality
Uptight	peaceful, relaxed
Wary	presence, calm, self-confident, trusting