The No-Fault Zone®

where people connect

Feelings

When Needs Are Met:

Comfortable, full, satisfied, easy, content, relaxed, fulfilled, safe

Glad, happy, excited, hopeful, joyful, delighted, grateful, encouraged, confident, cheerful, elated, exuberant, enthusiastic

Grateful, appreciative, thankful

Interested, curious, engaged, intent, involved, absorbed

Loving, connected, touched, warm, affectionate, tender, open, friendly, compassionate, nurtured, amorous

Rested, refreshed, rejuvenated, spry, energized, strong, invigorated, alive, exuberant, alert, relaxed

Peaceful, calm, serene, trusting, tranquil, radiant, blissful, clear, composed, secure, at ease, content

When Needs Are *Not* Met:

Uncomfortable, pained, uneasy, hurt, miserable, embarrassed

Sad, unhappy, troubled, dismayed, disheartened, heavy, lonely, disturbed, anguished, disappointed, despairing, depressed, gloomy

Annoyed, disappointed, bitter

Uninterested, aloof, bored, distant, apathetic, disinterested, withdrawn

Mad, angry, furious, aggravated, irritated, enraged, hostile, bitter, upset, exasperated, frustrated

Tired, exhausted, fatigued, lethargic, weary, sleepy, dull, overwhelmed, discouraged

Scared, fearful, afraid, anxious, hesitant, reluctant, shocked, terrified, horrified, unsettled

www.thenofaultzone.com · P. O. Box 24346 · Ventura, California 93002
Email: contact@thenofaultzone.com · Phone: (805) 653-0261 or (805) 698-3332

© 2004 Kindle-Hart Communication™. All rights reserved. The No-Fault Zone® is a registered trademark