

1. Consider the items you circled based on how your feeling.

2. Based on that, what do you need? What are you seeking?

**CONNECTION?**

- acceptance
- affection
- appreciation
- belonging
- cooperation
- communication
- closeness
- community
- companionship
- compassion
- consideration
- consistency
- empathy
- inclusion
- intimacy
- love
- nurturing
- respect/self-respect
- safety
- security
- stability
- support
- to know and be known
- to see and be seen
- to understand and
- be understood
- trust

**PHYSICAL WELL-BEING?**

- air
- food
- movement/exercise
- rest/sleep
- sexual expression
- safety
- shelter
- touch
- water

**HONESTY?**

- authenticity
- integrity
- presence

**PLAY?**

- joy
- humor

**PEACE?**

- beauty
- communion
- ease
- equality
- harmony
- inspiration
- order

**AUTONOMY?**

- choice
- freedom
- independence
- space
- spontaneity

**MEANING?**

- awareness
- celebration of life
- challenge
- clarity
- competence
- consciousness
- contribution
- creativity
- discovery
- efficacy
- effectiveness
- growth
- hope
- learning
- participation
- purpose
- self-expression
- stimulation
- to matter
- understanding