


Acceptance


 **Definition:** The need to feel valued and accepted as you are.

★ **Example:** A friend listens to you without judgment.

? Reflection Questions:

- When have I felt truly accepted?
- How do I respond when I feel rejected?
- What can I do to foster more acceptance in my relationships?

Affection


 **Definition:** The need for physical or verbal expressions of care.

★ **Example:** A hug from a loved one when you're feeling down.

? Reflection Questions:

- How do I prefer to receive affection?
- How do I express affection toward others?
- What makes me feel most cared for?

Emotional safety


 **Definition:** The need to express emotions without fear of judgment or criticism.

★ **Example:** Confiding in a friend who listens without interrupting or dismissing your feelings.

? Reflection Questions:

- Where do I feel the safest emotionally?
- How do I react when I don't feel emotionally safe?
- What can I do to create more emotional safety in my life?

Trust


 **Definition:** The need to rely on others and feel secure in relationships.

★ **Example:** Knowing a loved one will keep their promises.

? Reflection Questions:

- What helps me feel trust in a relationship?
- How do I know when my trust is being broken?
- How can I communicate my need for trust?

Freedom


 **Definition:** The need to make choices and act independently.

★ **Example:** Choosing a career path that aligns with your passions.

? Reflection Questions:

- When do I feel most free?
- What situations make me feel restricted?
- How can I assert my independence in healthy ways?

Competence


 **Definition:** The need to feel capable and skilled.

★ **Example:** Completing a project successfully and feeling proud of your work.

? Reflection Questions:

- What activities make me feel competent?
- How do I react when I feel incompetent?
- What can I do to strengthen my sense of capability?

Appreciation


 **Definition:** The need to feel recognized and valued for contributions.

★ **Example:** A coworker thanking you for your hard work.

? Reflection Questions:

- When was the last time I felt truly appreciated?
- How do I seek appreciation from others?
- How can I appreciate myself more?

Validation


 **Definition:** The need for your emotions and experiences to be acknowledged.

★ **Example:** A friend saying, “That sounds really tough. I understand why you feel that way.”

? Reflection Questions:

- How do I feel when my emotions are dismissed?
- How can I communicate my need for validation?
- What steps can I take to validate my own feelings?

Fun

 **Definition:** The need for enjoyment and lighthearted experiences.


★ **Example:** Laughing and playing a game with friends.

? Reflection

Questions:

- When was the last time I truly had fun?
- What activities bring me joy?
- How can I incorporate more fun into my daily life?

Growth

 **Definition:** The need to develop and evolve as a person.


★ **Example:** Learning a new skill or overcoming a challenge.

? Reflection

Questions:

- When have I felt most fulfilled in my personal growth?
- What is something new I would like to learn?
- How can I challenge myself to grow this week?

Contribution

 **Definition:** The need to make a difference and positively impact others.


★ **Example:** Volunteering or supporting a friend in need.

? Reflection

Questions:

- What contributions make me feel the most fulfilled?
- How do I want to give back to others?
- What small act of kindness can I do today?

Belonging

 **Definition:** The need to feel connected and part of a group.


☀ **Example:** Feeling welcomed and included in a group conversation.

? Reflection

Questions:

- When have I felt a strong sense of belonging?
- What situations make me feel left out?
- How can I cultivate a greater sense of belonging in my life?

Companionship


 **Definition:** The need for meaningful relationships and shared experiences.

★ **Example:** Spending quality time with a close friend.

? Reflection Questions:

- Who in my life provides me with companionship?
- How do I express my need for companionship?
- What activities help me feel more connected to others?

Understanding


 **Definition:** The need to be seen, heard, and truly understood.

★ **Example:** A friend empathizing with your struggles.

? Reflection Questions:

- When have I felt truly understood?
- How do I react when I feel misunderstood?
- What helps me communicate my thoughts and feelings better?

Peace


 **Definition:** The need for calm, emotional balance, and stress relief.

★ **Example:** Taking time alone to recharge.

? Reflection Questions:

- When do I feel most at peace?
- How do I react when my sense of peace is disrupted?
- What can I do daily to create more inner peace?

Authenticity


 **Definition:** The need to be true to oneself without fear of judgment.

★ **Example:** Expressing your true thoughts and feelings.

? Reflection Questions:

- When do I feel most authentic?
- What situations make me feel like I have to hide parts of myself?
- How can I cultivate more authenticity in my life?

Adventure


 **Definition:** The need for excitement, new experiences, and exploration.

★ **Example:** Traveling to a new place.

? Reflection Questions:

- When was the last time I did something adventurous?
- What holds me back from seeking adventure?
- How can I bring more adventure into my daily life?

Control


 **Definition:** The need to have autonomy and influence over life.

★ **Example:** Making choices about your own career path.

? Reflection Questions:

- In what areas of my life do I feel most in control?
- How do I react when I feel powerless?
- What small steps can I take to regain a sense of control?

Consistency


 **Definition:** The need for stability and reliability in life.

★ **Example:** Trusting that a friend will always be there when needed.

? Reflection Questions:

- How does consistency affect my emotional well-being?
- When has inconsistency caused stress for me?
- What can I do to create more stability in my life?

Respect


 **Definition:** The need to be treated with dignity and regard.


★ **Example:** Being listened to and valued for your opinions.

? Reflection Questions:

- When have I felt most respected?
- How do I respond when I feel disrespected?
- What boundaries can I set to ensure I'm treated with respect?

Creativity

 **Definition:** The need to express oneself through imagination and innovation.

 **Example:**
Painting, writing, or problem-solving in a unique way.

? Reflection

Questions:

- How do I express my creativity?
- When do I feel most inspired?
- What new creative outlet would I like to explore?