

### Determining Your Needs

#### Do Now:

In your own words, what is the difference between a "Cup-Emptier" and a "Cup-Filler"?

When was the last time you were a "Cup-Filler"? What did you do?

*In your own words*, what does "Speaking to be Heard" really mean?

#### Needs Inventory:

| CONNECTION    | CONNECTION       | PHYSICAL WELL-BEING | MEANING         | AUTONOMY     | HONESTY      |
|---------------|------------------|---------------------|-----------------|--------------|--------------|
| acceptance    | empathy          | air                 | challenge       | choice       | authenticity |
| affection     | inclusion        | food                | clarity         | freedom      | integrity    |
| appreciation  | respect          | movement            | contribution    | independence | presence     |
| belonging     | self-respect     | exercise            | creativity      | space        |              |
| cooperation   | safety           | rest/sleep          | discovery       | spontaneity  |              |
| communication | stability        | romantic expression | growth          |              |              |
| community     | support          |                     | hope            | <b>PEACE</b> | <b>PLAY</b>  |
| companionship | to be known      | safety              | learning        |              |              |
| compassion    | to be seen       | shelter             | participation   | equality     | joy          |
| consideration | to be understood | touch               | purpose         | harmony      | humor        |
| consistency   | trust            | water               | self-expression | inspiration  |              |
|               |                  |                     |                 | order        |              |

### Needs Case Studies:

With your Family Groups, go through each of the Case Studies and choose the top 3 needs from the "Needs Inventory" for each one. Make sure to explain your choices.

#### Case Study #1:

Write the top 3 needs and an explanation for each one in the box to the right

- 1.
- 2.
- 3.

#### Case Study #2:

Write the top 3 needs and an explanation for each one in the box to the right

- 1.
- 2.
- 3.

#### Case Study #3:

Write the top 3 needs and an explanation for each one in the box to the right

- 1.
- 2.
- 3.