Emotional Needs/Desires

- □ **Safety/Protection**
- □ **Security/Stability**
- □ **Comfort**
- □ **Physical touch/Affection**
- □ **To acknowledge/express emotions**
- □ **To acknowledge/express needs**
- □ **To receive help/support/care**
- □ **To be heard**
- □ **To be believed**
- □ **To be understood**
- □ **To be known**
- □ **Acceptance**
- □ **Dignity**
- □ **To be responded to/acknowledged**
- □ **Mental or Physical Stimulation**
- □ **Quality time/Closeness**
- □ **Autonomy (freedom to make choices)**
- □ **To trust and/or to be trusted**
- □ **To be affirmed**
- □ **Kindness/Gentleness**
- □ **Compassion**
- □ **Grace**
- □ **Forgiveness**
- □ **Individuality/Uniqueness**
- □ **To be playful**
- □ **To have fun**
- □ **To be creative**
- □ **To be valued/important/prioritized**
- □ **To be celebrated/delighted in**
- □ **Privacy**
- □ **Alone time**
- □ **Novelty (new experiences)**
- □ **Variety**
- □ **Personal growth (to learn new skills)**