

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)