

What Are Your Needs?

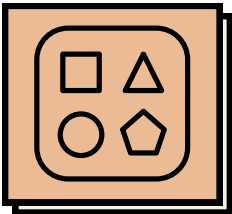


Build Needs Vocabulary

To identify your needs, you need to know what kind of needs there are and have the language to specifically identify them.



Needs Categories:



Physical



Mental



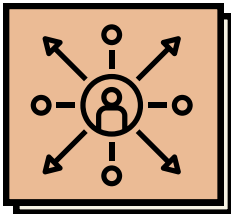
Emotional



Connection



Autonomy



Expression



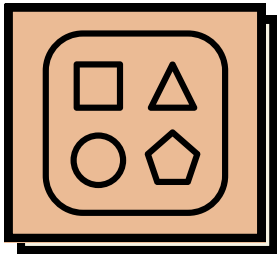
Significance



Spiritual

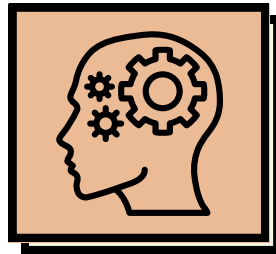
Building Your Needs Vocabulary

A list of needs for each category:



Physical

- Air
- Food
- Water
- Movement
- Rest/Sleep
- Safety
- Shelter
- Touch



Mental

- Awareness
- Clarity
- Consciousness
- Learning
- Stimulation
- Comprehension /Understanding
- Reflection
- Discernment
- Order
- Challenge
- Discovery



Emotional

- Acceptance
- Affection
- Belonging
- Compassion
- Love
- Nurturing/Caring
- Empathy
- Intimacy
- Security
- Stability
- Trust
- Joy
- Grieving
- Enthusiasm
- Harmony
- Reassurance

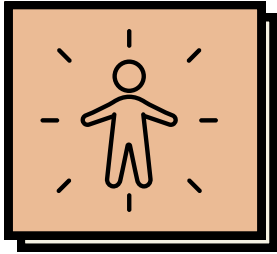


Connection

- Communication
- Appreciation
- Closeness
- Community
- Companionship
- Inclusion
- Mutuality
- Consideration
- Support
- To see to be seen
- To hear to be heard
- To understand to be understood
- To know to be known
- Reciprocity
- Corporation
- Respect
- Justice
- Reliability

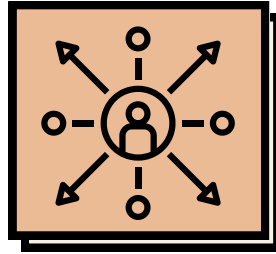
Building your Needs Vocabulary

A list of needs for each category:



Autonomy

- Choice
- Freedom
- Independence
- Space
- Spontaneity
- Self-Knowledge
- Boundaries
- Solitude
- Courage
- Empowerment
- Goals
- Self-Growth
- Assertiveness



Expression

- Authenticity
- Integrity
- Presence
- Respect/Self-respect
- Honesty
- Confidence
- Self-Worth
- Self-Expression
- Fairness
- Equality
- Play
- Humor
- Creativity
- Generosity
- Inspiration
- Passion
- Dignity
- Pride
- Celebration
- Values



Significance

- Meaning
- Purpose
- Effectiveness
- Efficiency
- Competence
- Status
- Recognition
- Contribution



Spiritual

- Gratitude
- Hope
- Faith
- Peace
- Beauty
- Contemplation
- Celebration of life
- Wholeness

Questions To Identify Your Needs

A list of questions you can ask yourself to help you identify your needs:

- What makes me feel fulfilled and content in life?
- When do I feel the most stressed or anxious? What might be causing these feelings?
- Are there certain situations or interactions that consistently leave me feeling drained or overwhelmed?
- What activities or experiences bring me joy and a sense of purpose?
- In my relationships, what behaviors or actions from others make me feel valued and appreciated?
- What do I need to feel emotionally supported and understood by my friends, family, or partner?
- When it comes to self-care, what activities or practices help me recharge and maintain my well-being?
- Are there areas in my life where I often feel unfulfilled or dissatisfied? What might be missing?
- What aspects of my physical health and comfort are important for my overall well-being?

Questions To Identify Your Needs

A list of questions you can ask yourself to help you identify your needs:

- How do I define personal boundaries, and what are the areas in which I need to establish or reinforce them?
- What goals or aspirations do I have for myself, and what kind of support do I need to achieve them?
- Are there any past experiences or patterns that have influenced my current needs and desires?

Remember that these questions are meant to guide your self-reflection and help you better understand your needs. Take your time to answer them thoughtfully, and don't hesitate to revisit them as your self-awareness evolves over time.