# Affirmation:

Positive statement from others



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Brainstorm how this need could be met for you and others

| Affirmation being met | Affirmation being shown |
| --- | --- |
| Having good qualities such as integrity, kindness and respect | Giving someone a polite compliment such as “I like the way you did your hair” |



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# Belonging:

Acceptance, approval from others



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Brainstorm how this need could be met for you and others

| Belonging being met | Belonging being shown |
| --- | --- |
| Be yourself, find friends or group who have the same moral/values as you | Invite someone to an occasion/event/party |



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# Guidance:

Advice from others, direction



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Brainstorm how this need could be met for you and others

| Guidance being met | Guidance being shown |
| --- | --- |
| Being a mentor/role model | Getting the right advice from a role model/mentor/ guardian/teacher/etc. |



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# Recognition:

Attention or favorable notice from others



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Brainstorm how this need could be met for you and others

| Recognition being met | Recognition being shown |
| --- | --- |
| Help others or community, stand up to bully | Acknowledge achievement/ accomplishment such as project/homework/test |



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# Respect:

Consideration from others and showing consideration to others



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Brainstorm how this need could be met for you and others

| Respect being met | Respect being shown |
| --- | --- |
| Having good qualities such as being trustworthy/kind | Be a good listener, treat others with kindness, being a good role model |



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# Safety:

Safe and secure from harm; protected

feeling



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Brainstorm how this need could be met for you and others

| Safety being met | Safety being shown |
| --- | --- |
| Hang out with real friends, avoid risky behavior such as smoking, drugs, etc. | Able to have trustworthy qualities so others will feel safe around you |



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# Support:

Words and actions that let you know that others will help you and stand up for you



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Brainstorm how this need could be met for you and others

| Support being met | Support being shown |
| --- | --- |
| Reach out to people you trust such as friends/family/mentor/ teacher/etc. | Keeping your words, cheer them on (be their cheerleader) |



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# Trust:

Believing in or confidence in others



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Brainstorm how this need could be met for you and others

| Trust being met | Trust being shown |
| --- | --- |
| Doing the right thing even when no one else is looking (integrity), keeping your word/promise | Keep your word/promises, doing the right thing even when no one is looking |



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# Love:

Love without judgment; both physical and emotional affection



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Brainstorm how this need could be met for you and others

| Love being met | Love being shown |
| --- | --- |
| Being slow to anger<br>Be able to forgive<br>Showing patience<br>Be able to give up something<br>Put others before yourself | Being slow to anger<br>Be able to forgive<br>Showing patience<br>Be able to give up something<br>Put others before yourself |



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