



Affirmation:

Positive statement from others

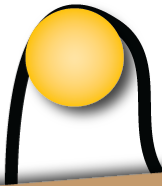
Brainstorm how this need could be met for you and others

Affirmation being met

Having good qualities such as integrity, kindness and respect

Affirmation being shown

Giving someone a polite compliment such as “I like the way you did your hair”



Belonging:

Acceptance, approval from others

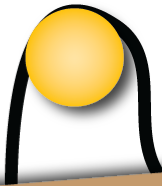
Brainstorm how this need could be met for you and others

Belonging being met

Be yourself, find friends or group
who have the same moral/values
as you

Belonging being shown

Invite someone to an
occasion/event/party



Guidance:

Advice from others, direction

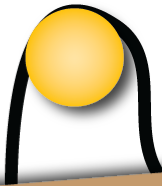
Brainstorm how this need could be met for you and others

Guidance being met

Being a mentor/role model

Guidance being shown

Getting the right advice
from a role model/mentor/
guardian/teacher/etc.



Recognition:

Attention or favorable notice
from others

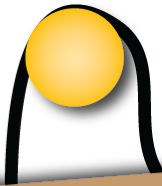
Brainstorm how this need could be met for you and others

Recognition being met

Help others or community,
stand up to bully

Recognition being shown

Acknowledge achievement/
accomplishment such as
project/homework/test



Respect:

Consideration from others and
consideration to others

showing

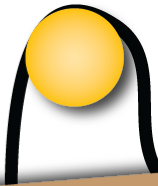
Brainstorm how this need could be met for you and others

Respect being met

Having good qualities such
as being trustworthy/kind

Respect being shown

Be a good listener, treat others
with kindness, being a good
role model



Safety:

Safe and secure from harm;
protected

feeling

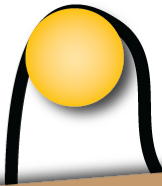
Brainstorm how this need could be met for you and others

Safety being met

Hang out with real friends, avoid risky behavior such as smoking, drugs, etc.

Safety being shown

Able to have trustworthy qualities so others will feel safe around you



Support:

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

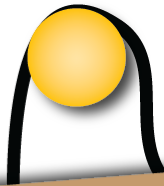
Brainstorm how this need could be met for you and others

Support being met

Reach out to people you trust
such as friends/family/mentor/
teacher/etc.

Support being shown

Keeping your words, cheer
them on (be their cheerleader)



Trust:

Believing in or confidence in others

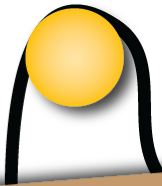
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Trust being met

Doing the right thing even when
no one else is looking (integrity),
keeping your word/promise

Trust being shown

Keep your word/promises, doing
the right thing even when no one
is looking



Love:

Love without judgment; both physical
and emotional affection

Brainstorm how this need could be met for you and others

Love being met

Being slow to anger
Be able to forgive
Showing patience
Be able to give up something
Put others before yourself

Love being shown

Being slow to anger
Be able to forgive
Showing patience
Be able to give up something
Put others before yourself