

EMOTIONAL NEEDS



Emotional Need

Feels Like

Affirmation	Positive statements from others
Belonging	Acceptance; approval from others
Guidance	Advice from others; direction
Recognition	Attention or favorable notice from others
Respect	Consideration from others and showing consideration to others
Safety	Safe and secure from harm; feeling protected
Support	Words and actions that let you know that others will help you and stand up for you
Unconditional Love	Love without judgment; both physical and emotional affection