

EMOTIONAL NEEDS

Categories of Needs

These are emotional needs we all have, separated into 3 basic types of needs. When one of these does not happen, we feel distress.

Belonging/Love Needs

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
empathy
inclusion
intimacy
love
mutuality
touch
nurturing
respect
self-respect
to know and be known
to see and be seen
to be understood
trust
warmth
autonomy

Esteem Needs

respect
self-respect
choice
freedom
independence
space
spontaneity
challenge
clarity
competence

consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding
beauty
communion
equality
harmony
meaning
awareness
celebration of life

Safety Needs

consistency
safety
security
stability
support
order
honesty
authenticity
integrity
presence

The Other Way Around

Sometimes it's easier to think in terms of what negative things cause us to feel an emotional need.

I feel Emotional Need when I am:

disliked
misunderstood
ridiculed
ignored
disregarded
rejected
left out
excluded
disrespected
abandoned
put in danger
condemned
judged
made fun of
not given empathy
alone or lonely
not allowed to express myself
lied to repeatedly
mislead
never hugged
not fully known
not fully loved