

When you are meeting your basic needs, you may feel:	Your Basic Needs	When you are not meeting your basic needs, you may feel:
Safe Secure Satisfied Physically Fit Healthy	Survival Food Clothing Shelter Safety Security Procreation Physical Health	Tired Afraid Hungry Cold Physically Sick
Loved Appreciated Liked Accepted	Love & Belonging Love for family members Partner in an intimate relationship Friends Acquaintances People you know from school or work	Lonely Jealous Insecure
Confident Smart Competent	Power A sense of achievement Something you do well Work, hobby, sport, collection, etc.	Bored Incompetent
Independent	Freedom The ability to make choices in your life	Dependent Powerless
Excited Curious Inspired	Fun & Learning What do you like to do for fun? What do you like to learn about?	Mischievous Ordinary Dull