

# Emotional Needs

Everyone has emotional needs. It is a part of being human. When our needs are not being met, it is difficult managing our thoughts, emotions, and behaviors. It is important to assess which of your emotional needs are and aren't being met in order to regain a better sense of control. Here is a brief list of emotional needs to assist you.

## Affection

- physical touch
- sexual intimacy
- loving words
- kind gestures

## Acceptance

- introduce you to family and friends
- plan activities to do together
- share dreams and goals for the future
- ask for advice when making decisions

## Validation

## Autonomy, Independence, and Freedom

## Security

- know they respect your boundaries
- feel safe to share your feelings
- feel physically safe with them
- believe they support your choices
- feel able to share your feelings

# Emotional Needs

Trust

Empathy

Prioritization

Connection

- Ask questions about an aspect of their daily life you've never really thought about before.
- Suggest a new activity to try together.
- Break out of your usual routine by taking a day or weekend trip.
- Bond over shared memories or swap individual ones from your childhood.

Space

- carving out a bit of alone time each day
- creating a private space for yourself at home, whether that's a separate room or a little nook
- spending more time outside