

List of Emotional Needs

Accepted	Validation	Connectedness
Control	Help	Approval
Empowered	Needed	Security
Admired	Accomplished	Competence
Intimacy	Happiness	Valued
Protected	Included/Wanted	Security
Transparency	Respect	Independence
Support	Communication	Achievement
Appreciation	Safety	Privacy
Reassurance	Cooperation	Attention
Humor/Fun	Attention	Equality
Honesty	Growth	Trust
Purpose	Understanding	Worthy
Intellectual Challenge	Love	Heard
Seen	Time	Complimented