5-Minute Ritual TAKE A LOVING PAUSE

| ood cravin | g and what's s | o special ab | out this food? | |
|---|---|---|--|---|
| s this food s | still on the forbi | dden foods | list or do you f | ully allow it? |
| | ou give yoursel i're truly hungr | • | sion to wait it | out and eat |
| What's goin | ng on right nov | √? Describe t | the situation. | |
| How do you | u feel? Circle a few | of the emotions w | ou are currently feeli | na |
| lovv do you | a reer. circle a levi | or the erriotions ye | ou are currently reem | ig. |
| afriad | embarrased | upset | guilty | bored |
| panicked | self-conscious | fatigued | sad | tense |
| annoyed frustrated | shy disgusted | burnt out exhausted | hopeless depressed | sick weak |
| impatient | jealous | sleepy | disappointed | worried |
| angry | uncomfortable | tired | discouraged | stressed |
| resentful | restless | heartbroken | helpless | nervous |
| confused | shocked | hurt | insecure | anxious |
| ashamed | surprised | lonely | sensitive | |
| Anything el | se? | | | |
| | | | | |
| | | | | |
| | | | | |
| Date & time | | KIU Slana.com | uai *** | (E A LOVIN PAUSE |
| Food cravin | and what's s | | | |
| | ig aria wriacss | o special ab | out this food? | |
| ls this food s | | | | |
| | still on the forbi | idden foods | list or do you f | fully allow it? |
| If yes, can yo | | idden foods f full permiss | list or do you f | fully allow it? |
| fyes, can yo t when you | still on the forbi | idden foods f full permiss y? | list or do you f | fully allow it? |
| f yes, can yo t when you | still on the forbi ou give yoursel u're truly hungr | idden foods f full permiss y? | list or do you f | fully allow it? |
| f yes, can yo t when you What's goin | still on the forbi ou give yoursel u're truly hungr | idden foods f full permiss y? v? Describe t | list or do you f | out and eat |
| f yes, can yo t when you What's goin | still on the forbi | idden foods f full permiss y? v? Describe t | list or do you f | out and eat |
| f yes, can yo t when you What's goin How do you afriad panicked | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued | list or do you f sion to wait it the situation. | out and eat |
| f yes, can you t when you What's goin How do you afriad panicked annoyed | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out | list or do you function to wait it the situation. The situation. Guilty Sad Hopeless | out and eat bored tense sick |
| f yes, can you t when you What's goin How do you afriad panicked annoyed frustrated | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out exhausted | list or do you function to wait it the situation. The situation. Surface are currently feeling and hopeless depressed | out and eat bored tense sick weak |
| f yes, can you t when you What's goin How do you afriad panicked annoyed frustrated impatient | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out exhausted sleepy | list or do you function to wait it the situation. The situation. Sou are currently feeling and hopeless depressed disappointed | out and eat bored tense sick weak worried |
| If yes, can you It when you What's goin How do you afriad panicked annoyed frustrated impatient angry | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out exhausted sleepy tired | list or do you function to wait it the situation. The situation. But are currently feeling sad hopeless depressed disappointed discouraged | out and eat bored tense sick weak worried stressed |
| f yes, can you t when you What's goin How do you afriad panicked annoyed frustrated impatient | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out exhausted sleepy | list or do you function to wait it the situation. The situation. Sou are currently feeling and hopeless depressed disappointed | out and eat bored tense sick weak worried stressed nervous |
| fyes, can you twhen you What's goin How do you afriad panicked annoyed frustrated impatient angry resentful | still on the forbi | idden foods f full permiss y? V? Describe t of the emotions you upset fatigued burnt out exhausted sleepy tired heartbroken | list or do you f sion to wait it the situation. bu are currently feelin guilty sad hopeless depressed disappointed discouraged helpless | out and eat bored tense sick weak worried stressed |
| When you What's goin How do you afriad panicked annoyed frustrated impatient angry resentful confused | still on the forbi | idden foods f full permiss y? V? Describe t upset fatigued burnt out exhausted sleepy tired heartbroken hurt | list or do you function to wait it the situation. The situation guilty sad hopeless depressed disappointed discouraged helpless insecure | out and eat bored tense sick weak worried stressed nervous |
| fyes, can you t when you What's goin How do you afriad panicked annoyed frustrated impatient angry resentful confused | still on the forbi | idden foods f full permiss y? V? Describe t upset fatigued burnt out exhausted sleepy tired heartbroken hurt | list or do you function to wait it the situation. The situation guilty sad hopeless depressed disappointed discouraged helpless insecure | out and eat bored tense sick weak worried stressed nervous |

5-Minute Ritual TAKE A LOVING PAUSE

| Food cravir | ng and what's s | o special ab | out this food? | |
|--|--|--|---|--|
| Is this food | still on the forb | idden foods | list or do you f | fully allow it |
| | ou give yoursel a're truly hungr | • | sion to wait it | out and ea |
| What's goir | ng on right nov | v? Describe t | the situation. | |
| | | | | |
| | | | | |
| | | | | |
| How do you | u feel? Circle a few | of the emotions yo | ou are currently feeli | ng. |
| How do you | J feel? Circle a few | of the emotions yo | ou are currently feeli guilty | ng. bored |
| · · | | - | | |
| afriad | embarrased | upset | guilty | bored |
| afriad panicked | embarrased self-conscious | upset fatigued | guilty sad | bored tense |
| afriad panicked annoyed | embarrased self-conscious shy | upset fatigued burnt out | guilty sad hopeless | bored tense sick |
| afriad panicked annoyed frustrated | embarrased self-conscious shy disgusted | upset fatigued burnt out exhausted | guilty sad hopeless depressed | bored tense sick weak |
| afriad panicked annoyed frustrated impatient | embarrased self-conscious shy disgusted jealous | upset fatigued burnt out exhausted sleepy | guilty sad hopeless depressed disappointed | bored tense sick weak worried |
| afriad panicked annoyed frustrated impatient angry | embarrased self-conscious shy disgusted jealous uncomfortable | upset fatigued burnt out exhausted sleepy tired | guilty sad hopeless depressed disappointed discouraged | bored tense sick weak worried stressed |
| afriad panicked annoyed frustrated impatient angry resentful | embarrased self-conscious shy disgusted jealous uncomfortable restless | upset fatigued burnt out exhausted sleepy tired heartbroken | guilty sad hopeless depressed disappointed discouraged helpless | bored tense sick weak worried stressed nervous |
| afriad panicked annoyed frustrated impatient angry resentful confused | embarrased self-conscious shy disgusted jealous uncomfortable restless shocked surprised | upset fatigued burnt out exhausted sleepy tired heartbroken hurt | guilty sad hopeless depressed disappointed discouraged helpless insecure | bored tense sick weak worried stressed nervous |

5-Minute Ritual TAKE A LOVING PAUSE

| | Tiashas | Slana.com | | |
|----------------|-------------------------------------|--------------------|------------------------|-----------------|
| Date & time | 9: | | | |
| Food cravin | ng and what's s | so special ab | out this food? | · |
| Is this food s | still on the forb | idden foods | list or do you f | fully allow it? |
| - | ou give yoursel a're truly hungr | • | sion to wait it | out and eat |
| What's goir | ng on right nov | v? Describe | the situation. | |
| | | | | |
| How do you | u feel? Circle a few | of the emotions ye | ou are currently feeli | ing. |
| afriad | embarrased | upset | guilty | bored |
| panicked | self-conscious | fatigued | sad | tense |
| annoyed | shy | burnt out | hopeless | sick |
| frustrated | disgusted | exhausted | depressed | weak |
| impatient | jealous | sleepy | disappointed | worried |
| angry | uncomfortable | tired | discouraged | stressed |
| | | | | |

hurt

Ionely

insecure

sensitive

shocked

surprised

ashamed

Anything else?

| IYSICAL WELL-BEING | acceptance | creativity | PHYSICAL WELL-BEING | acceptance | creativity |
|--|---|--|---|--|--|
| sh air | affection | learning | fresh air | affection | learning |
| er | appreciation | inspiration | water | appreciation | inspiration |
| shine/daylight | communication | challenge | sunshine/daylight | communication | challenge |
| ty /ement/exercise | cooperation trust | self-expression clarity | safety movement/exercise | cooperation trust | self-expression clarity |
| ch | openness | awareness | touch | openness | awareness |
| ual expression | belonging | to matter | sexual expression | belonging | to matter |
| nfort | community/companion- | AUTONOMY | comfort | community/companion- | AUTONOMY |
| mth | ship/partnership | choice | warmth | ship/partnership | choice |
| ep | respect | freedom | sleep | respect | freedom |
| RMONY | consistency nurturing | independence | HARMONY | consistency nurturing | independence |
| ce xation | support | HONESTY authenticity | peace relaxation | support | HONESTY authenticity |
| uty | to know | integrity | beauty | to know | integrity |
| er | seeing (see/be seen) | transparency | order | seeing (see/be seen) | transparency |
| dictability | hearing (hear/be heard) | PLAY | predictability | hearing (hear/be heard) | PLAY |
| oility | understanding (understand/ | fun | stability | understanding (understand/ | fun |
| ice/fairness | be undersood) MEANING | celebration/mourning | justice/fairness | be undersood) MEANING | celebration/mourni |
| NNECTION | purpose | humor/laugh | CONNECTION | purpose | humor/laugh |
| e e | contribution | adventure passion | care love | contribution | adventure passion |
| seness | hope | spontaneity | closeness | hope | spontaneity |
| macy | self-confidence/self-esteem | lightness | intimacy | self-confidence/self-esteem | lightness |
| passion | empowerment | variety/diversity | compassion | empowerment | variety/diversity |
| food give me t | | | Can food give me t | | |
| nat can I do to sa | atisfy my real need? Schedu | ule it if you can't do it now. | vvnat can i do to sa | atisfy my real need? sched | ule it if you can't do it r |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| ow would the 2.0 | version of myself procee | ed now? | How would the 2.0 | version of myself proce | ed now? |
| ow would the 2.0 | version of myself procee | ed now? | How would the 2.0 | version of myself proce | ed now? |
| ow would the 2.0 | version of myself procee | ed now? | How would the 2.0 | version of myself proce | ed now? |
| ou could have ar | version of myself proceed with the control of myself proceed with the control of | | + | version of myself proced | |
| ou could have ar | nything right now, what | would you need? | If you could have ar | nything right now, what | . — — would you nee |
| ou could have ar le the needs below. VSICAL WELL-BEING | nything right now, what we acceptance | would you need? | | nything right now, what | would you nee |
| ou could have ar e the needs below. (SICAL WELL-BEING h air | nything right now, what | would you need? | If you could have ar Circle the needs below. PHYSICAL WELL-BEING | nything right now, what | . — — would you nee |
| ou could have ar le the needs below. (SICAL WELL-BEING h air er | nything right now, what we acceptance affection | would you need? creativity learning | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air | nything right now, what acceptance affection | would you nee creativity learning |
| Ou could have ar e the needs below. /SICAL WELL-BEING h air er shine/daylight | nything right now, what we acceptance affection appreciation | would you need? creativity learning inspiration | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water | nything right now, what acceptance affection appreciation | would you nee creativity learning inspiration |
| Du could have ar e the needs below. 'SICAL WELL-BEING n air er shine/daylight ty | nything right now, what we acceptance affection appreciation communication | would you need? creativity learning inspiration challenge | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight | nything right now, what acceptance affection appreciation communication | would you nee creativity learning inspiration challenge |
| Du could have are the needs below. ISICAL WELL-BEING on air eresthine/daylight by wement/exercise ships. | acceptance affection appreciation communication cooperation trust openness | would you need? creativity learning inspiration challenge self-expression clarity awareness | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch | acceptance affection appreciation communication cooperation trust openness | would you nee creativity learning inspiration challenge self-expression clarity awareness |
| Du could have are the needs below. ISICAL WELL-BEING nair er shine/daylight ty vement/exercise that all expression | acceptance affection appreciation communication cooperation trust openness belonging | creativity learning inspiration challenge self-expression clarity awareness to matter | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression | acceptance affection appreciation communication cooperation trust openness belonging | creativity learning inspiration challenge self-expression clarity awareness to matter |
| Du could have are the needs below. ISICAL WELL-BEING on air er shine/daylight by rement/exercise the lal expression lifort. | acceptance affection appreciation communication cooperation trust openness belonging community/companion- | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort | acceptance affection appreciation communication cooperation trust openness belonging community/companion- | would you nee creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY |
| ou could have are the needs below. ISICAL WELL-BEING in air er shine/daylight by rement/exercise in all expression fort mth | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice |
| Du could have are the needs below. SICAL WELL-BEING In air or schine/daylight by erment/exercise th In all expression fort mth | acceptance affection appreciation communication cooperation trust openness belonging community/companion- | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort | acceptance affection appreciation communication cooperation trust openness belonging community/companion- | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom |
| Du could have are the needs below. SICAL WELL-BEING In air or Inhine/daylight Dy Inhine/daylight Dy Inhine/daylight Inhine/da | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice |
| Du could have are the needs below. SICAL WELL-BEING In air er shine/daylight by ement/exercise th ial expression fort fort th to the | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence |
| Du could have are the needs below. ISICAL WELL-BEING In air Per shine/daylight by Iverment/exercise In all expression Infort | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air vater sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY |
| Du could have are the needs below. (SICAL WELL-BEING nair er shine/daylight ty vement/exercise chall expression forth p RMONY ce sation uty | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air Water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity |
| OU COUID have are the needs below. YSICAL WELL-BEING hair er shine/daylight etty wement/exercise chaul expression affort muth exp remony coe xation auty er dictability | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY |
| Ou could have are let the needs below. YSICAL WELL-BEING h air ter shine/daylight tety wement/exercise to be all expression and or many terms to be the same and the period of the per | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/parthership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun |
| OU COUID have are let the needs below. YSICAL WELL-BEING h air ter shine/daylight etty verment/exercise och unal expression infort exercise exaction in the period of the county of the | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni |
| OU COUID have are let the needs below. YSICAL WELL-BEING hair ter shine/daylight etty vement/exercise ch ual expression nfort muth etp RMONY ice exation iuty er dictability bility ice/fairness NNECTION | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh |
| OU COUID have are let the needs below. YSICAL WELL-BEING hair er shine/daylight ety vement/exercise ch ual expression nfort muth pp RMONY cce xation uty er dictability bility ice/fairness NNECTION | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh adventure | If you could have an Circle the needs below. PHYSICAL WELL-BEING fresh air vater sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION care | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh adventure |
| Du could have are the needs below. ISICAL WELL-BEING In air er shine/daylight ty vement/exercise ch ual expression infort mort p RMONY ce xation uty er dictability illity ce/fairness NNECTION | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh adventure passion | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air vater sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION care love | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh adventure passion |
| ou could have are the needs below. SICAL WELL-BEING The air ere thine/daylight Sy ement/exercise The all expression fort The all expression fort The action atty The action action action action action action atty The action | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANINC purpose contribution | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh adventure passion spontaneity | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION care love closeness | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose contribution | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh adventure passion spontaneity |
| Du could have are the needs below. ISICAL WELL-BEING In air Istraction air Istra | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose contribution hope | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh adventure passion | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air vater sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION care love | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose contribution hope | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh adventure passion |
| Du could have are the needs below. ISICAL WELL-BEING in air ereshine/daylight ty vement/exercise that lexpression inforting the period of the | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANING purpose contribution hope self-confidence/self-esteem | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourning humor/laugh adventure passion spontaneity lightness | If you could have ar Circle the needs below. PHYSICAL WELL-BEING fresh air water sunshine/daylight safety movement/exercise touch sexual expression comfort warmth sleep HARMONY peace relaxation beauty order predictability stability justice/fairness CONNECTION care love closeness intimacy | acceptance affection appreciation communication cooperation trust openness belonging community/companion- ship/partnership respect consistency nurturing support to know seeing (see/be seen) hearing (hear/be heard) understanding (understand/ be undersood) MEANINC purpose contribution hope self-confidence/self-esteem | creativity learning inspiration challenge self-expression clarity awareness to matter AUTONOMY choice freedom independence HONESTY authenticity integrity transparency PLAY fun celebration/mourni humor/laugh adventure passion spontaneity lightness |
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