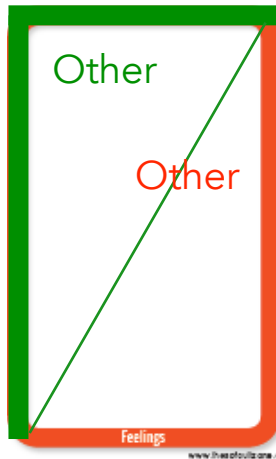
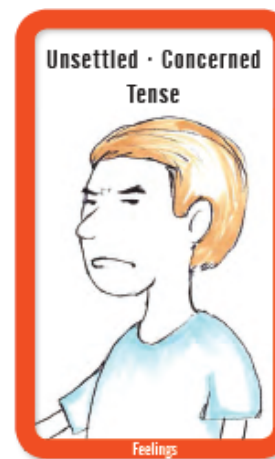
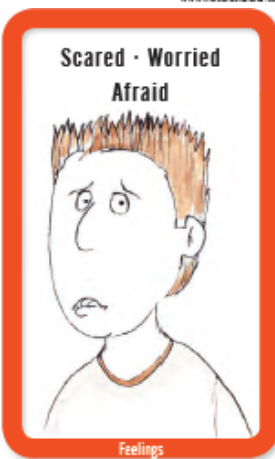
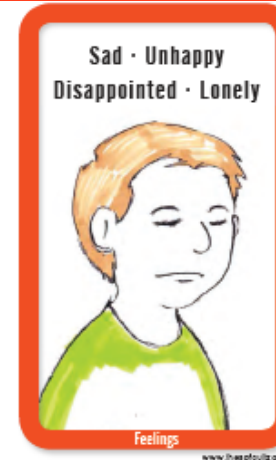


## Pleasant Feelings



## Unpleasant Feelings



# Human Needs

Word Bank: Needs

**Capability  
Competence · Skills**



Needs

www.theaofaizone.com


**Choice · Autonomy  
Freedom**



Needs

www.theaofaizone.com

**Community · Friends  
Belonging**



Needs

www.theaofaizone.com

**Giving · Sharing**



Needs

www.theaofaizone.com


**Help · Support**



Needs

www.theaofaizone.com

**Learning · Exploration  
Discovery**



Needs

www.theaofaizone.com

**Play · Fun**



Needs

www.theaofaizone.com

**Respect · To Matter  
To Be Considered**



Needs

www.theaofaizone.com

**Rest · Relaxation**



Needs

www.theaofaizone.com

**Safety · Trust**



Needs

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**Self-Expression  
Creativity**



Needs

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**To Be Heard  
To Be Understood**



Needs

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**Understanding Me  
Self-Empathy**



Needs

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**Understanding Others  
Empathy**



Needs

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Other  
Needs

Needs

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