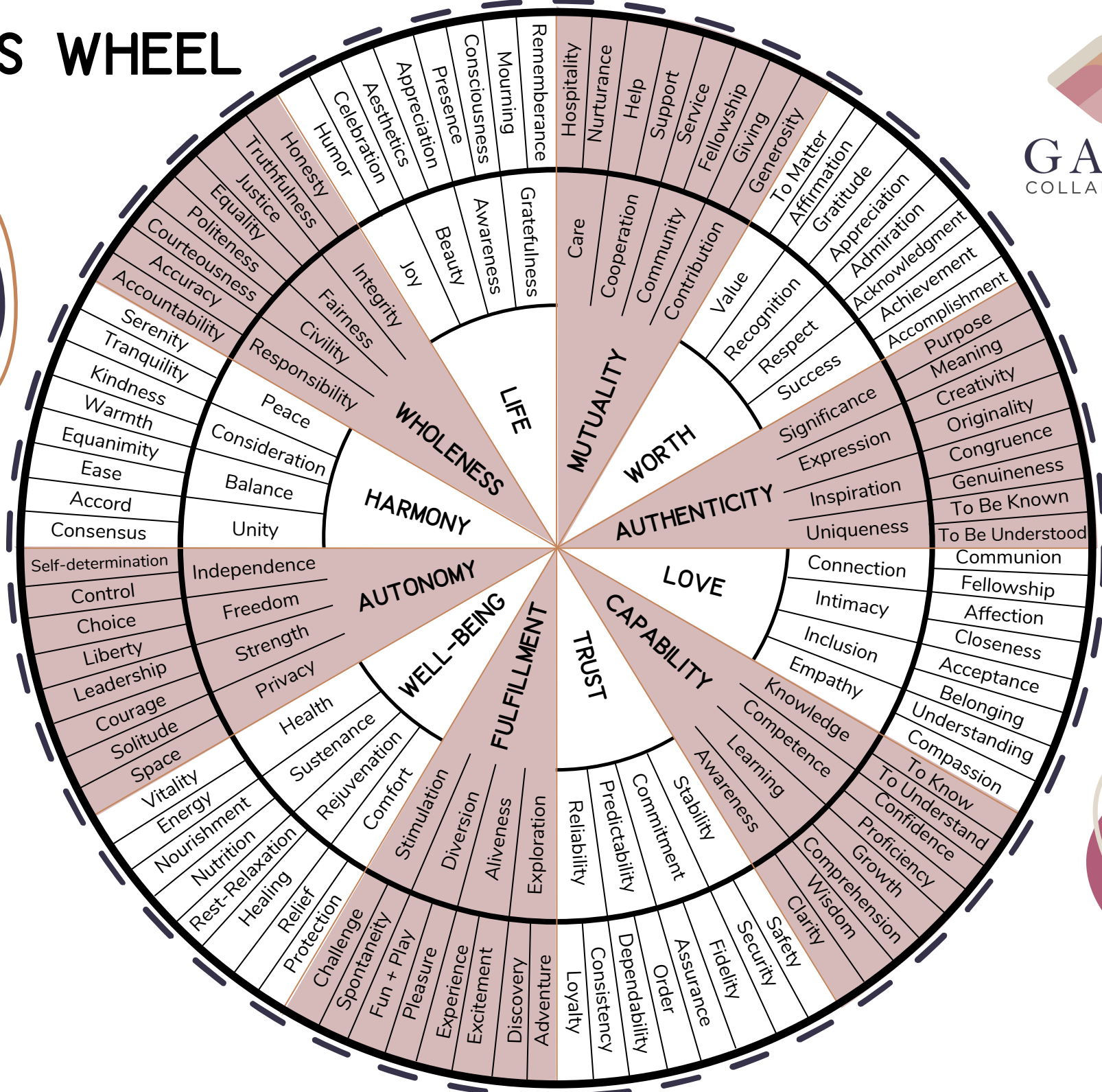


NEEDS WHEEL



GALIA
COLLABORATIVE



Objects and behaviors (external) that are often confused as needs, which are actually strategies to meet needs (internal):

(with some possible needs listed in parenthesis)

- Money** (autonomy, sustenance, support)
- Sex** (intimacy, expression, play)
- Touch** (intimacy, affection, companionship)
- Conversation** (expression, understanding, connection)
- Time Together** (connection, fellowship, closeness)
- Food** (energy, comfort, relief, nourishment)
- Exercise** (health, recreation, play, stimulation)
- Work** (purpose, meaning, sustenance)
- Car** (mobility, autonomy, convenience)
- House** (protection, comfort, shelter)
- Chocolate** (chocolate is, in fact, a need :))

Needs that contribute to our physical well-being:

(with some possible strategies listed in parenthesis)

- Energy** (food, stored calories, oxygen)
- Nourishment** (vitamins, minerals, nutrition, water)
- Vitality** (exercise, nutrition)
- Rejuvenation** (sleep, rest)

Any word that follows "I need you to..." is a strategy to meet a need and is being stated as a demand:

- | | |
|----------|----------------|
| Obey | Give |
| Comply | Be Responsible |
| Conform | Listen |
| Relent | Love |
| Respect | Accept |
| Validate | Listen |

Words that imply intent and assume facts not in evidence (feelings & needs):

- | | |
|------------|-----------|
| Lie | Ignore |
| Cheat | Abandon |
| Manipulate | Misbehave |
| Steal | Disobey |
| Attack | |