

LEGITIMATE NEEDS	SYMPTOMS OF NEEDS NOT BEING MET	REFLECTIVE QUESTIONS
<p>ACCEPTANCE: to be fully loved and embraced, apart from anything you do or don't do; not in spite of who you are, but because of who you are</p>	Shame, critical of self / Judgmental toward others	<ul style="list-style-type: none"> • Is any part of me unacceptable to my parents? • Is there anything I could <i>say, do, or believe</i> that would diminish their love for me? • Do I need to <i>perform or pretend</i> in order to gain acceptance?
	Addictive behaviors, substance abuse, abusive relationships	
	Performance, perfectionism	
<p>AFFIRMATION: to be deeply known and valued for your unique gifts and strengths</p>	Lack of confidence in self	<ul style="list-style-type: none"> • Do my parents know what's important to me? • What do (or don't) they say to me? • How do they talk about me to others?
	Unaware of unique gifts	
	Feeling of not being known, or known only superficially	
<p>AFFECTION: to be delighted in; concrete expressions of delight, e.g. hugs, smiles, kind words, special gifts, one-on-one time</p>	Feeling of distance or detachment in relationships, difficulty with intimacy	<ul style="list-style-type: none"> • Do I feel affirmed and delighted in? • What are some concrete ways my parents express affection? • In what ways do I <i>wish</i> they would express affection?
	Discomfort around displays of affection / difficulty extending affection to others	
<p>SAFETY: protected from harm, both physically and emotionally; a sense of order and stability; an environment in which you can relax, be yourself, and have fun</p>	Chronic anxiety, difficulty trusting others, pessimism, physical symptoms	<ul style="list-style-type: none"> • Do I ever feel unsafe around a parent or authority figure? • Do I feel that my parents are unable or unwilling to protect me from the dangers of the world? • Am I unable to "be a kid" and have fun due to worrying about food/housing?
	Difficulty staying organized / obsession with being organized	
	Difficulty relinquishing control, unable to let your guard down and have fun or indulge yourself	
<p>SUPPORT: emotional and practical assistance in reaching goals; a soft landing when you fall</p>	Fear of taking risks, fear of failure	<ul style="list-style-type: none"> • Do my parents help me when I ask? • Are they supportive of my goals? • How do they respond when I fail?
	Difficulty asking for help	
<p>AUTONOMY: opportunities to grow in independence, responsibility, and trust</p>	Fear of doing things by yourself	<ul style="list-style-type: none"> • Do my parents trust me to make my own decisions? • Are my responsibilities growing as I get older?
	Self-doubt, frequently second-guess choices you make	
<p>MEANING: guidance in integrating your personal experiences into a larger story</p>	Sense of aimlessness	<ul style="list-style-type: none"> • Do my parents initiate conversations about the purpose of life? • Do they try to help me make sense of painful experiences?
	Difficulty processing emotions, lack of emotional vocabulary, immature response to pain	