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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;)

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

Obey Comply Conform

Relent

Respect Validate

Validate Give

Be Responsible Listen

Listen

Accept

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)

Words that imply intent and assume facts not in evidence (feelings & needs): (Use a request to check out what another person's intent may be)

Le e

Cheat
Manipulate
Steal
Attack
Ignore
Abandon
Misbehave

Disobey

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actually strategies to meet needs (internal): are often confused as needs, which are Objects and behaviors (external) that (with some possible needs listed in parenthesis)

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

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

Conform Comply Relent Obey

Respect

Validate

Be Responsible Give

Listen

Love

Accept

Listen

Needs that contribute to our physical well-being:

(with some possible strategies listed in parenthesis)

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

(Use a request to check out what another person's intent may be) Words that imply intent and assume facts not in evidence (feelings & needs):

Lie e

Manipulate Ignore Attack Cheat Steal

Misbehave Disobey

Abandon

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