



FULFILLING YOUR OWN NEEDS

Created by Rabea
RAYOWAG.COM

LIST OF NEEDS

MENTAL

Knowledge Awareness
Reflection Clarity
Discernment Comprehension
Stimulation Learning

AUTONOMY

Independence
Empowerment Freedom
Self-Knowledge Boundaries
Solitude Courage

EMOTIONAL

Acceptance Affection
Be understood Support
Trust Nurturing Love
Grieving Joy Intimacy

PHYSICAL

Safety Shelter Water
Medical Care Air
Health Sex Food
Movement Pleasure

INTEGRITY

Authenticity Honesty Pride
Fairness/Equality Meaning
Confidence Self-Worth Values
Appreciation Self-Respect

EXPRESSION

Purpose Self-Growth
Self-Expression Creativity
Creativity Humor Play
Passion Goals Assertiveness

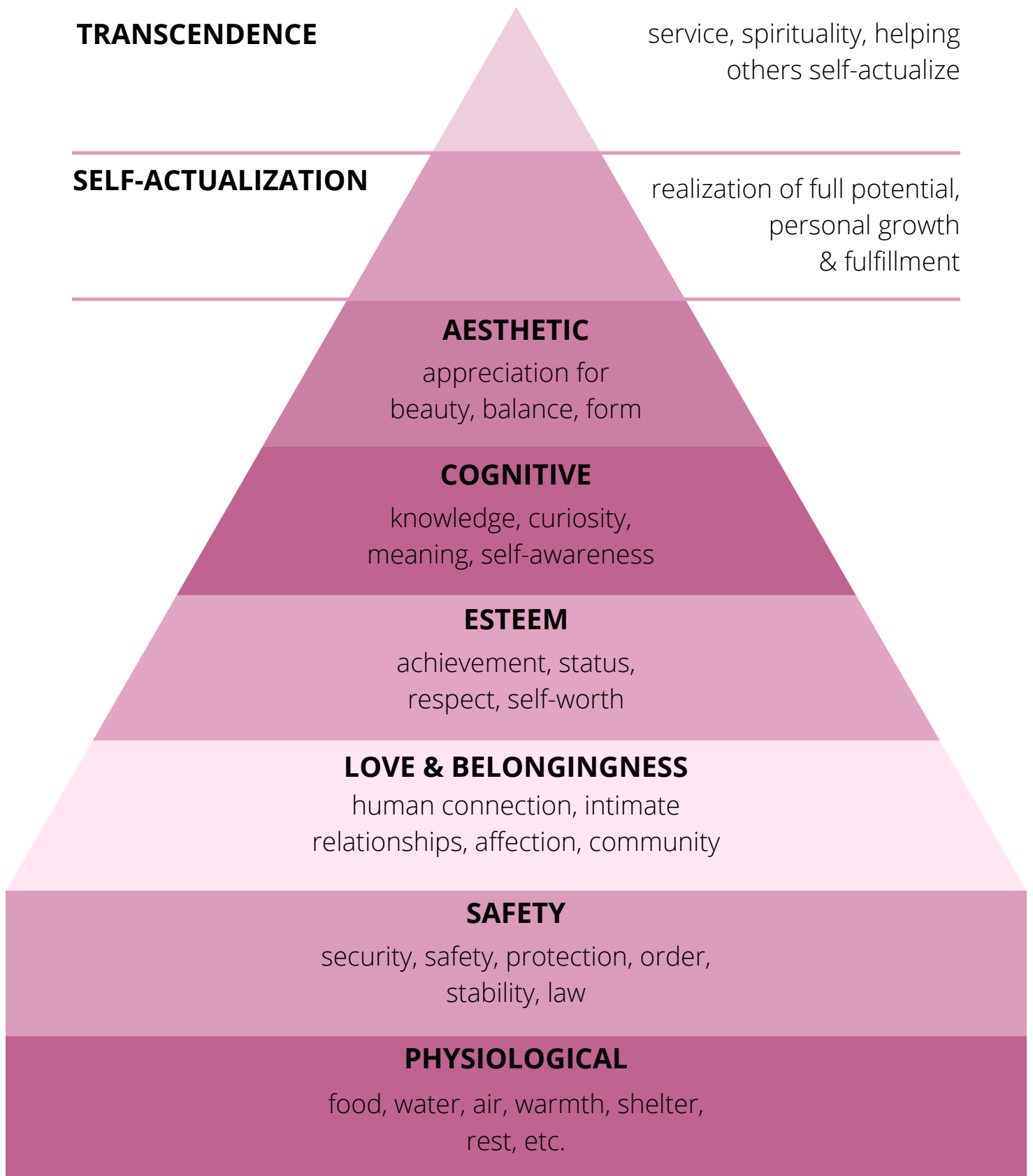
SOCIAL

Family Friendship Reliability
Cooperation Reciprocity
Community Communication
Generosity Companionship

SPIRITUAL

Meditation Contemplation
Reverence Peace Order
Gratitude Faith Hope
Inspiration Beauty

HIERARCHY OF NEEDS



FULFILLING NEEDS

ASKING FOR HELP

Needs it fulfills: Mental, Emotional, Physical, Social

How to: Communicate to others what you struggle with.

SETTING BOUNDARIES

Needs it fulfills: Mental, Autonomy, Emotional, Integrity, Social

How to: Figure out what drains your energy and set limits with yourself and others.

MEDITATION & MINDFULNESS

Needs it fulfills: Mental, Autonomy, Emotional, Integrity, Expression, Spiritual

How to: Figure out your preferred self soothing exercise & stick to it.

JOURNALING

Needs it fulfills: Mental, Autonomy, Emotional, Integrity, Expression, Social, Spiritual

How to: Write with or without prompts about your emotions and values.

SPORT

Needs it fulfills: Mental, Physical

How to: Figure out a sport you enjoy more than others and stick to it regularly.

SOCIALIZING

Needs it fulfills: Social, Mental, Spiritual, Expression, Emotional

How to: Make sure to schedule regular interaction with others.

SELF-EDUCATION

Needs it fulfills: Mental, Autonomy, Integrity, Expression

How to: Teach yourself new skills online and offline consistently.

PRACTICING SELF-ACCEPTANCE

Needs it fulfills: Mental, Autonomy, Emotional, Integrity, Social, Spiritual

How to: Learn to accept all your feelings and everything you can't change in your life.

CREATIVITY

Needs it fulfills: Mental, Autonomy, Expression, Spiritual

How to: Paint, write, dance, sing, record, design, etc.

HELPING OTHERS

Needs it fulfills: Mental, Emotional, Integrity, Expression, Social, Spiritual

How to: Help friends, family members and strangers. Making them happy will make yourself happy.

INTERDEPENDENCE

HYPER INDEPENDENCY

Also called ultra independence, is when you don't want to depend on others at all. Most of the time it feels like a sign of weakness to people with this dependence type to have others help them to fulfill needs. Often this goes hand in hand with an avoidant attachment style. Learning to ask for help and be vulnerable is important here!

CO-DEPENDENCY

Also called emotional co-dependency to show the difference to addiction-related co-dependency. Your sense of self and your needs are completely connected to someone else. Often people on this side of the spectrum feel like they couldn't live without the other person. Often anxiously attached too.

INTERDEPENDENCE

This is the healthy middle. We can fulfill our own needs, but also have others help us fulfill some of them. We have a healthy sense of self and self-love and are confident in our community. Often this is connected to a secure attachment style. Interdependent people are good at setting boundaries, asking for help and positive self talk.

HEY, IT'S RAY!

I create content on several platforms for people like you who want to balance their life and their mind.

I'm so glad to have you be part of the squad and I hope I will see you around.

This resource is hopefully just the start in your journey to yourself. I can't wait to show you more in my eBooks, workbooks and courses!



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PRE-ORDER

SELF CARE CAMP

What if I told you that you could learn all the tools that you need for a more balanced life and mind in just 6 weeks? I compiled the most helpful and life-changing activities, practices and advice that I've learned throughout my own 7 year long mental health journey and packed it into a 6-week-program for you to grow from it too!

[CHECK IT OUT](#)