

Basic Emotional Needs in Childhood

Everyone has certain emotional needs, but they are not always fulfilled 100%. It can be different for each person. How we feel and how we cope with life is often related to whether these needs were met in childhood, and also to whether we are able to meet them ourselves in adulthood.

In this exercise, try to return to your childhood and reflect on how your loved ones (parents, grandparents, caregivers) tried to meet your emotional needs. Write down what they did well and what they did not do well.

Focus on these areas:

- Sense of **safety** – Did you feel protected and safe?
- **Acceptance** – Did you feel loved the way you were?
- **Guidance** and **protection** – Did you have someone who helped you and showed you the way?
- **Recognition** and **praise** – Did you receive appreciation for what you were able to do?
- **Fairness** – Did you feel that you were treated fairly?

This reflection may help you better understand how your childhood has influenced your present life.

What was fulfilled well:

Safety:

Acceptance, affection, warmth:

Guidance and protection:

Recognition and praise:

Fairness:

What was not fulfilled well:

Safety:

Acceptance, affection, warmth:

Guidance and protection:

Recognition and praise:

Fairness:

