

Drives & Needs

What I Feel	What I Run To	What I Use
Drives	Needs	Sources
Loneliness/Disconnected	Connection/Contact	Money
Anxiety/fear	Protection/Comfort	Achievement
Inadequacy	Validation/Acceptance	Success
Hungry/tired	Nourishment/Rest	Sports
Self-loathing	Approval	Lust/Sexual Behaviors
Unvalued	Affirmation/Satisfaction	Approval/Performance
Unwanted	Validation/Significance	Romance/Dating relationships
Unappreciated	Attention/Praise for Skills & Ability	Music
Hopeless/Depressed	Encouragement/Purpose	Flirting
		Chatting online
		Control
		Playing a victim
		Fantasy
I feel ____	because I need ____	so I use ____