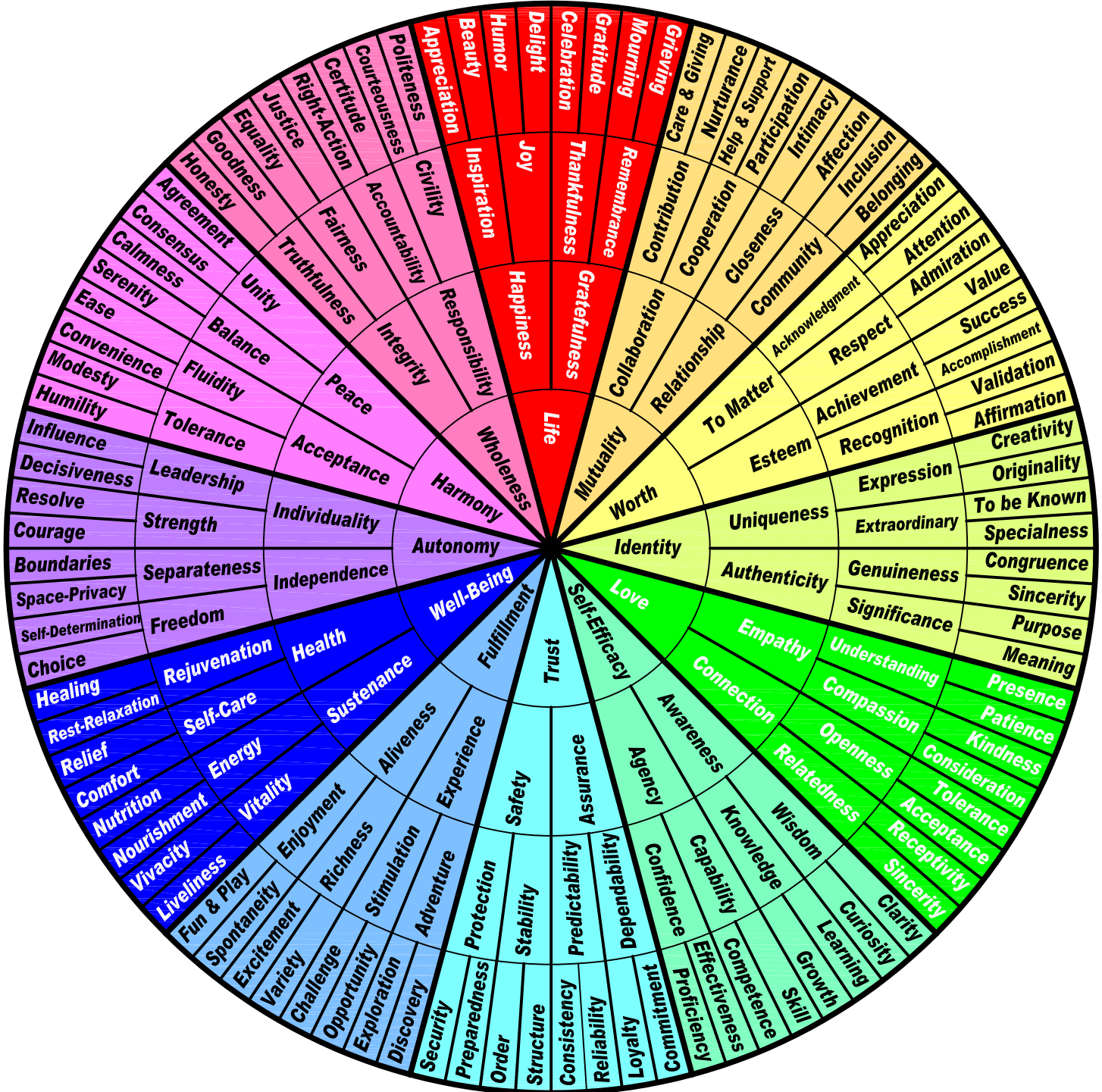


Needs Wheel



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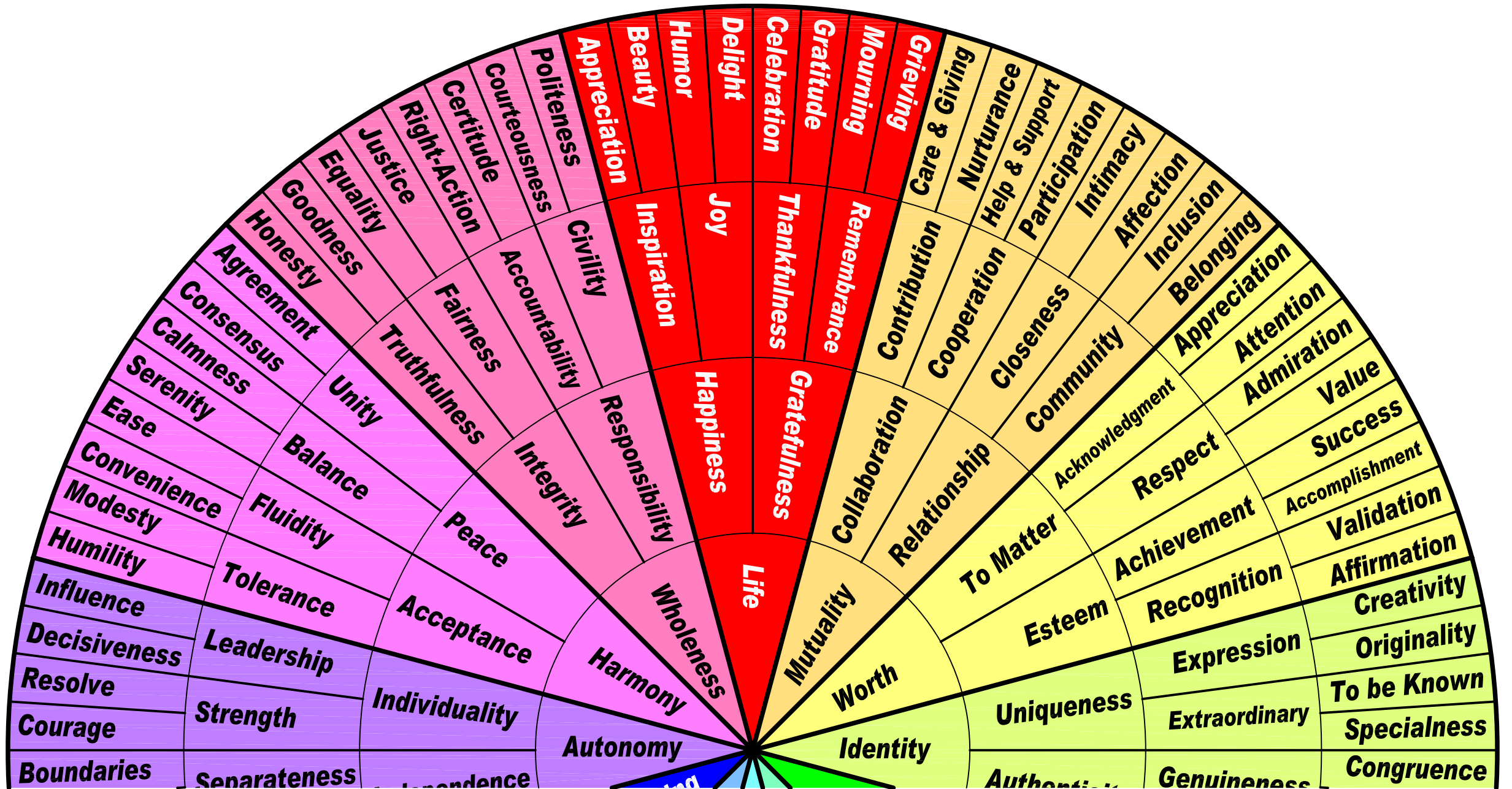
Needs are internal values which are important to everyone. Words mistaken for Needs, but that are actually strategies to meet Needs are any external behaviors, such as anything that follows "I need you to ... ":

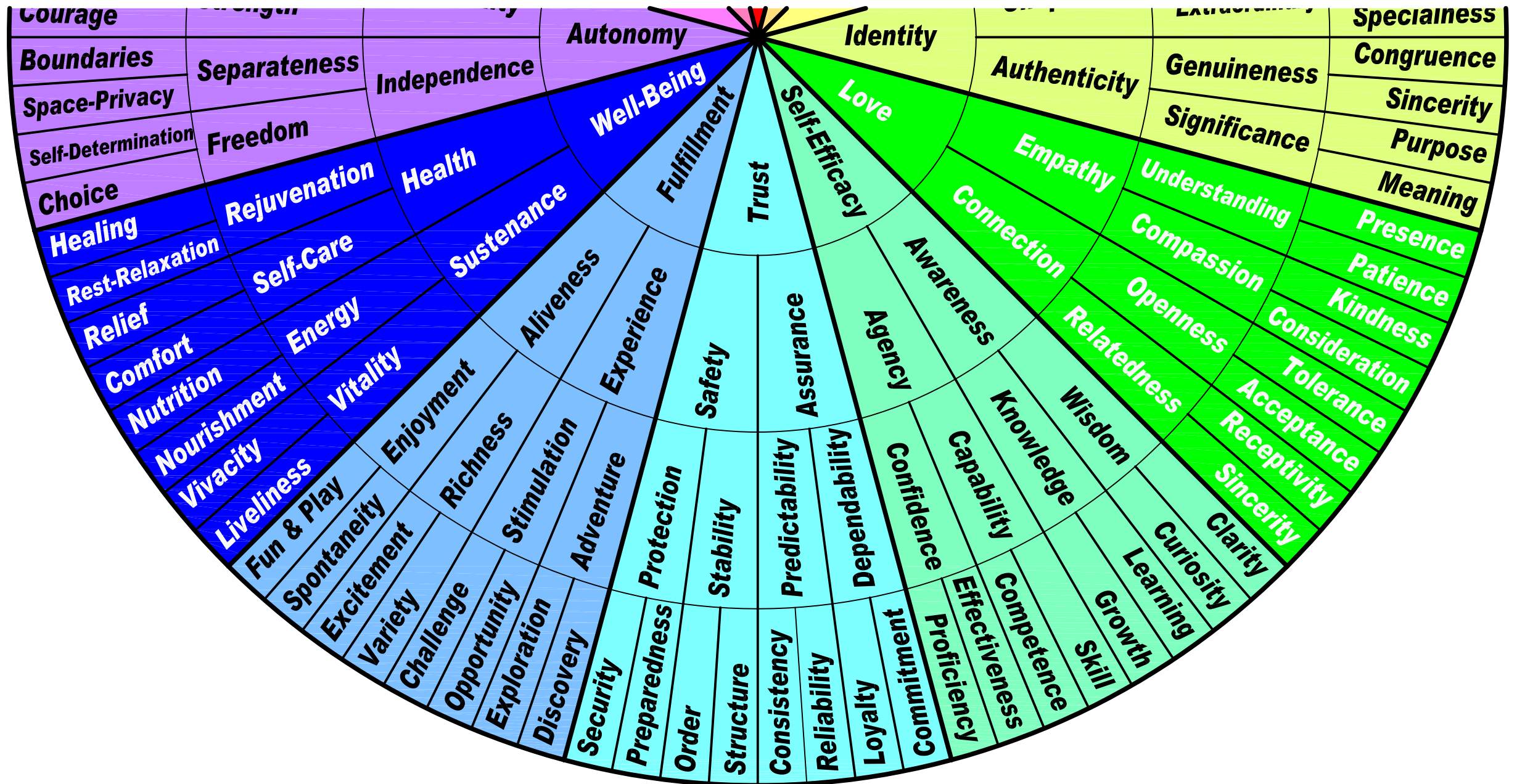
- Comply
- Apologize
- Validate me
- Conform
- Respect me
- Obeys
- Give me

Other words that are strategies to meet Needs:

- Money
- Food
- Time together
- Touch
- Work
- Chocolate
- Sex

Needs Wheel





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