

INDIVIDUAL HANDOUT 7.2

Phrases to Express “I Need . . . ”

NOTE: In choosing a need to go with your phrase, be sure it is universal and not specific to you and the person(s) you are interacting with.

DELETE PHRASES BELOW YOU WOULD NOT USE:

- | | |
|----------------------------------|----------------------------|
| • I value _____ | • I cherish _____ |
| • I hope for _____ | • I wish for _____ |
| • I desire _____ | • I really enjoy _____ |
| • I long for _____ | • I dig _____ |
| • I treasure _____ | • I groove on _____ |
| • I relish _____ | • I yearn for _____ |
| • I dream of _____ | • I care about _____ |
| • I am nourished by _____ | • I am happy if I _____ |
| • _____ would enhance my life | • _____ gives me joy |
| • _____ makes my life worthwhile | • _____ is important to me |
| • _____ means a lot to me | • _____ enriches my life |

ADD YOUR OWN PHRASES BELOW:
