

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

ADD YOUR OWN PHRASES BELOW:
