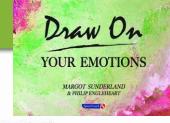
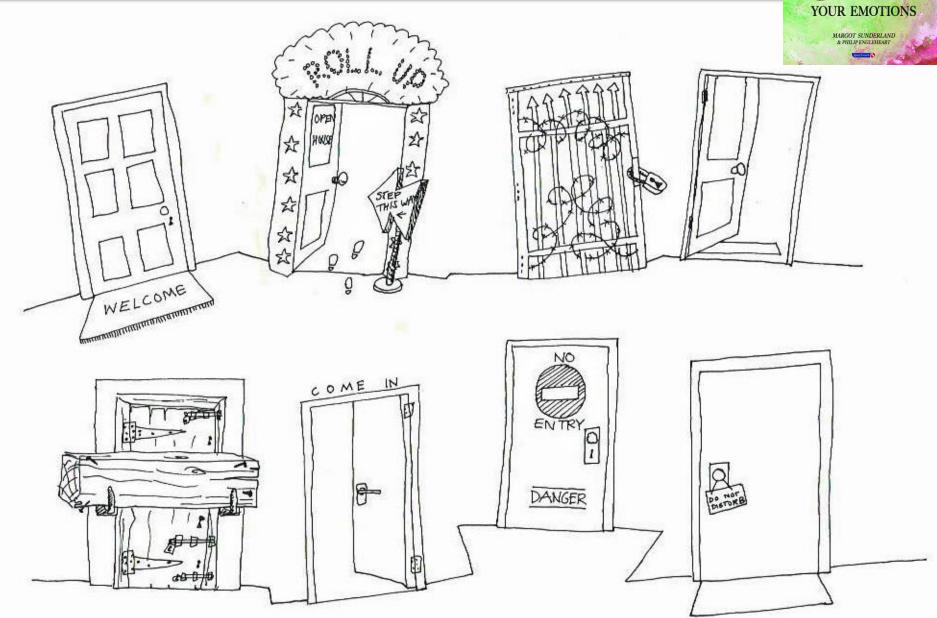
## THE DOOR I WAS ONCE: THE DOOR I AM NOW







## WHO MET MY NEEDS?

NEED FOR	MY MOTHER			MY FATHER			SOMEONE ELSE (OR A PET)			How am I doing now?
Give marks out of 10 / percentage	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	
Acceptance : I am ok I'm able to be my true self										
Praise: I did well I have self-belief and confidence										
Appreciation : I am valued I have self-worth										
Encouragement : I can do it I have self-belief/I can take risks										
Emotional Security My feelings are understood and validated										
Financial Security I have financial support and back up										
Physical Security I am protected from <u>harm</u> , my boundaries are respected										
Comfort - emotional My feelings are empathically respected and understood										
Comfort – physical I am safely held and soothed										
Other										