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**Emotions**

angry

annoyed

confused

disappointed

discouraged

distressed

embarrassed

anxious

frustrated

helpless

hopeless

humiliated

impatient

irritated

lonely

misunderstood

abandoned

overwhelmed

scared

sad

ashamed

**Needs**

food

water

rest

movement

acceptance

connection

physical safety

emotional safety

empathy

respect

trust

understanding

appreciation

love

reassurance

creativity

inspiration

authenticity

fun/play

freedom

contribution

**Behaviors**

hitting

destructive

spitting

swearing

pushing

biting

grabbing

zoning out

fidgeting

controlling

withdrawing

hiding

crying

whining

fleeing

clinging

bullying

sarcastic

demanding

blaming

inflexible