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6 Universal Needs of the Heart

(Inspired by the Love Languages)

Which one(s) nourishes you?



Want deeper connection? What are your self-care, heart-felt needs?



Hug.

Do you find "home" in a warm embrace?



Acknowledge & Praise

Does your heart feel heard when you receive positive praise?



Focused Attention.

Do you seek undivided time with another?



Easing Someone's Burden

Do you feel cared for when someone supports you through their impromptu actions?



Receiving Gifts





Do you find joy in receiving meaningful gestures or presents?



Honoring Space.

Do you need space to do what you're called to do?

♥ How to Nourish Another's Needs ♥

Needs of Other	How to Communicate	Actions to Take	Things to Avoid
<p>Hug</p> 	<p>Using non-verbal gestures, body language and gentle touch when communicating.</p>	<p>Be intentional of giving warm embraces, caresses, and physical affection more frequently.</p>	<p>Pulling away in moments of intimacy. Physical neglect.</p>
<p>Acknowledge & Praise</p> 	<p>Use encouraging tones, affirmations, and excitement. Recognize uniqueness.</p>	<p>Texts, hand-written cards, compliments; genuine encouragement.</p>	<p>Not acknowledging or appreciating efforts; non-constructive criticism.</p>
<p>Focused Attention</p> 	<p>Creating space for uninterrupted one-on-one time together.</p>	<p>Schedule quality time together. Plan intentional moments, like weekend getaways and walks.</p>	<p>Acting distracted when together—i.e., being on your phone. Lack of one-on-one time.</p>
<p>Easing Someone's Burden</p> 	<p>Using action phrases like, "Let me help you with that." Focus on being a support; teamwork.</p>	<p>Putting yourself in their shoes by going out of your way to ease their workload. Unexpected acts, such as doing the dishes, filling up the car with gas, and making breakfast.</p>	<p>Failing to follow through with tasks. Do what you say you intend to do.</p>
<p>Receiving Gifts</p> 	<p>Using your presence to create meaningful presents. Presenting another with thoughtful treats.</p>	<p>Putting thoughtfulness behind a "treat" for your partner. A cup of tea or coffee, a flower... goes a <i>long way!</i></p>	<p>Gifts do not have to be extravagant. But it's important to not forget special occasions or forgetting to put meaning behind the gift; unenthusiastic gift receiving/not expressing gratitude.</p>
<p>Honoring Space</p> 	<p>Encourage and trust their vision through affirmation. Letting them lean into their unique expression. Listening more.</p>	<p>Give them creative space/liberty. Allowing for more silence.</p>	<p>Invading their personal time or space. Micromanaging. Questioning their vision. Personalizing their need for space.</p>