

# My 5 cups of need

What do you need to keep your 5 cups topped up?

	<p>What I need to feel comfortable My physical and sensory needs</p>	<p>What fills this cup for me</p>
	<p>What I need to feel connected To feel liked and supported by others and to like myself</p>	<p>What fills this cup for me</p>
	<p>What I need to feel like I count To feel I belong, to feel noticed, listened to &amp; as important as others</p>	<p>What fills this cup for me</p>
	<p>What I need to feel capable To know my strengths, to feel I'm doing a good job &amp; can manage difficulties</p>	<p>What fills this cup for me</p>
	<p>What I need to feel in control To know what's expected &amp; clear about how to cope with change</p>	<p>What fills this cup for me</p>