

Scarcity Checklist - What is lacking in your life?

<i>Basic Needs</i>	<i>Current Needs (Today)</i> <i>X or ✓</i>	<i>Recent Needs (last few weeks/month)</i> <i>X or ✓</i>
Food		
Clean Water/Thirst		
Sleep/Rest		
Safe Housing/Shelter		
Human interactions/relationships		
Belonging (being part of a "family")		
Feeling Valued <ul style="list-style-type: none"> • Recently praised • Asked for your opinion 		
Celebrated or recognized <ul style="list-style-type: none"> • Verbal – “attagirl” • Non-verbal • Written – commendation/award • Flowers • Thank you card • Birthday • Anniversary 		

When we are not celebrated we may question our worth. When we question our worth, we may question whether we are part of something bigger (a community, a family). When we feel we do not belong we may limit our human interactions. When we are disconnected, we are vulnerable. A strong relational safety net is necessary for resilience, healing, and personal growth.