



In order to feel secure in our childhood, we rely on our needs being met by caregivers. Three of these needs are being **seen**, being **soothed**, and being **safe**.

Seen: our emotions, not just our behaviors are being empathetically acknowledged. We feel connected because our caretaker is making the effort to understand us, our emotions and who we are and what we are experiencing. This connection leads us to understand how to problem solve and take action on our own.

Soothed: having help from our caretakers with working thorough difficult emotions and situations. This gives us understanding on how to later soothe ourselves.

Safe: feeling safe and protected by our caretakers, as well as feeling safe to express emotions, and be ourselves. By feeling safe, we gain trust in others and trust that it is okay to be whom we are.

As adults we can have these needs met in our partnerships, by our friends and our family. Our needs don't change but our capacity to advocate for ourselves does.