

The Eight Needs at a Glance

WHAT YOU NEED, TOO · SOPHIA KUEI

Your reactions often point to a need that is asking for care.

1 • Connection

The need to feel understood, seen, and emotionally met, especially when others misunderstand your child or your family.

→ *Ask for the kind of support you need, instead of explaining until someone finally understands.*

2 • Predictability

The need to know what may happen next, whether a situation is likely to change, and what you should prepare for.

→ *Return to what you know today, and give uncertainty a clear boundary.*

3 • Agency & Control

The need to feel that you can influence what is happening without having to manage every person and every detail.

→ *Turn “I’ll just do it” into a boundary. Decide what you will influence and release.*

4 • Competence & Effectiveness

The need to know that you can learn, adapt, and make a difference, even when progress is slow or hard to see.

→ *Notice the small changes that have already happened, not only what is still wrong.*

5 • Parenting Integrity

The need to act in ways that fit your values, and to remain connected to yourself after you make a mistake.

→ *After a hard moment, reconnect with your values before judging yourself.*

6 • Self-Worth

The need to keep a sense of your own value while your child moves through difficult behavior or public struggles.

→ *Separate your child’s struggle from your worth as a parent.*

7 • Belonging & Support

The need for people and places where you can show up without performing, defending, or explaining yourself.

→ *Make one clear request to someone who can actually receive it.*

8 • Autonomy & Personal Space

The need to have time, choices, physical space, and a life that includes your own needs.

→ *Claim one piece of time or space that belongs only to you.*