

SAFER
(Distinguishing between your needs and wants)

We can use the word “SAFER” to determine if goals are WANTS or NEEDS.

The following are NEEDS:

S---SHELTER

We need to be protected from the elements (rain, snow, sun, etc) and from danger

A---AIR

We need air to breathe.

F---FOOD / WATER / MEDICAL

We need to eat and drink to survive. Some of us have special medical needs in order for us to stay healthy.

E---ELIMINATION / EXERCISE

We have to defecate and urinate. We need exercise to stay healthy.

R---RELATIONSHIPS

We need to love others and to be loved by others.

NOTE: NEEDS keep us alive - all other things are WANTS. We can get into trouble when we confuse our needs with our wants.