

We can't live without . . .	So we fear . . .
Acceptance	Rejection
Grace	Judgment
Connection	Disconnection
Companionship	Loneliness
Success	Failure
Self-determination	Powerlessness
Understanding	Being misunderstood
Love	Being scorned
Validation	Being invalidated
Competence	Feeling defective
Respect	Inferiority
Worth	Worthlessness
Honor	Feeling devalued
Dignity	Humiliation
Commitment	Abandonment
Significance	Feeling unimportant
Attention	Feeling Ignored
Support	Neglect
Approval	Condemnation
Wanted	Feeling unwanted
Safety	Danger
Affection	Feeling disliked
Trust	Mistrust
Hope	Despair
Joy	Unhappiness