**Belonging – Intro**

1. a. Fill in the missing words:

A sense of belonging is a \_\_\_\_\_ human need, just as important to us as the need for food and \_\_\_\_\_. Feeling that we belong is important from childhood to old age in all cultures. Belonging to groups such as families, friends, school, church or social media is essential to our identity and state of feeling \_\_\_\_\_, happy and secure. We can feel \_\_\_\_\_ to few or many people, to various groups, to a nation or even to humanity. Our connection to other people helps us realize that everybody can have difficulties, and knowing that we are not alone gives us \_\_\_\_\_ and reassurance.

Family, and especially parents, can help create a sense of belonging in children by \_\_\_\_\_ love and affection. It is even suggested in psychological studies that a safe and positive home with understanding and \_\_\_\_\_ parents may be a protection against emotional distress and other difficulties in adolescence.

\_\_\_\_\_ is important in relationships and in romantic love. We seem to prefer relationships in which we both give and \_\_\_\_\_ love and care, and the possibility of a lasting relationship is of course increased if the feelings are mutual.

belongingness – connected – basic – receive – comfort – providing – healthy – supportive - shelter