

Belonging – Intro

4. 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