

Translating the Need

Sometimes what hurts most isn't the situation itself, but the need underneath it. This worksheet can help you move from the event, to the emotion, to the need you're trying to communicate.

What happened? (Describe the situation)

What emotions came up? (Hurt, anger, fear, jealousy, shame, loneliness, etc.)

What story was my brain telling me?
(Examples: "They don't care about me."
"I'm being rejected." "I've ruined everything.")

What did I wish they understood?

What did I hope they would say or do?
What need was I trying to meet?
(Examples: Reassurance, validation, etc)

If I could communicate that need directly, what might I say?
