



Emotional Needs

JOURNAL EXERCISE

After you identify your top 3-4 emotional needs, write them down below. Next, for each emotional need, identify 2-3 concrete words and 2-3 concrete actions/behaviors that someone can say/do that would help you feel like that emotional need is being met.

Emotional Need: _____

Words/phrases that help meet this need:

- _____
- _____
- _____

Actions that help meet this need:

- _____
- _____
- _____

Emotional Need: _____

Words/phrases that help meet this need:

- _____
- _____
- _____

Actions that help meet this need:

- _____
- _____
- _____

Emotional Need: _____

Words/phrases that help meet this need:

- _____
- _____
- _____

Actions that help meet this need:

- _____
- _____
- _____

Emotional Need: _____

Words/phrases that help meet this need:

- _____
- _____
- _____

Actions that help meet this need:

- _____
- _____
- _____