



UNDERSTANDING YOUR NEEDS

Knowing what you need helps you build calmer, safer, stronger connections.

✨ Welcome

Take a deep breath.

This workbook is a gentle space to explore what your feelings are trying to tell you. There are no right or wrong answers here — just moments of honesty, curiosity, and calm.

ANGER SHOWS A NEED

When you feel anger, it often means a need is being blocked or ignored — either something you want or something you don't want.

Use that signal as a clue: underneath every frustration is something important to you.



STEP 1 — NOTICE WHAT YOU FEEL OR OBSERVE

Think about what's happening around you before the feeling hits.

Write what you **see** or **notice**, **NOT** what you think about it.

Examples:

“My partner walked away while I was talking.”

“My chest felt tight and my stomach dropped.”

Your Turn →

STEP 2 — TRANSLATE OBSERVATIONS INTO NEEDS

Ask yourself: *What might I need right now?*
Maybe comfort, space, respect, clarity, or rest.

Examples:

“I need to know my thoughts matter.”
“I need quiet time to calm down before we talk.”

Your Turn →

STEP 3 — WHAT HELPS YOU FEEL SAFE AND CALM

List moments or actions that help your body relax — soft voices, time alone, prayer, deep breathing, gentle touch.

Examples:

“Listening to calm music.”
“Taking a short walk outside.”

Your Turn →

STEP 4 — WHAT HELPS YOU RECONNECT WHEN UPSET

Write ways you rebuild connection — sharing facts first, taking space, short check-ins, soft eye contact, or humor.

Examples:

“Telling my partner I’m ready to talk.”
“Holding hands after we apologize.”

Your Turn →



STEP 5 — TURN NEEDS INTO WORDS

Turn your observations into sentences that begin with “I need...” or “I feel...” instead of blaming.

Examples:

“I feel hurt when conversations stop suddenly. I need a moment to finish what I was saying.”
“I feel anxious when plans change last-minute. I need a quick heads-up next time.”

Your Turn →



STEP 6 — CHECK BALANCE: SELF-CARE VS RELATIONSHIP NEEDS

Notice whether your needs depend on others or on your own routines. Write one of each.

Examples:

Self-care: “Going to bed on time so I’m not irritable.”
Relationship: “Scheduling one fun thing together each week.”

Your Turn →

STEP 7 — REFLECTION

What surprised you about your needs? Which are easy to meet? Which need patience or practice?

Examples:

“I didn’t realize how much I need reassurance after conflict.”
“It’s easy to meet my need for quiet time, but harder to ask for support.”

Your Turn →

NEXT STEPS — USING WHAT YOU DISCOVERED

Take a moment to notice what stood out to you in this workbook.
Did you find a need that surprised you? A pattern you want to change?
Awareness is the first step toward security and peace.

Reflect

Write one sentence that sums up your biggest insight:

“I realized that when I feel tense, it’s because I need...”

Practice

Choose **one small action** you can take this week to meet a need with kindness.

Example: “When I start feeling anxious, I’ll pause and do a 2-minute deep-breathing exercise before replying.”

Connect

You don’t have to figure it out alone — needs are meant to be shared and met in safe connection.