



FEELINGS SHOW US OUR NEEDS

INSTRUCTIONS: When our needs go unmet, we develop burnout over time. I'd encourage you to see your feelings as an indicator of an unmet need. Through gentle inquiry, we can discover the pathway to getting our needs met, so we can find more satisfaction in the work that we do day to day. Often times, we are the very ones who get to ensure that our needs are met.

QUESTION #1: IS THERE A CIRCUMSTANCE, EVENT, OR PERSON THAT BRINGS UP A DIFFICULT EMOTION FOR YOU? CAN YOU IDENTIFY THE SPECIFIC TRIGGER?

QUESTION #2: WHAT FEELING DOES THIS CIRCUMSTANCE, EVENT, OR PERSON BRING UP? WHAT IS SO BAD ABOUT IT? WHAT DOES IT MEAN TO YOU?

QUESTION #3: YOUR FEELING IS INDICATING TO YOU THAT YOU HAVE AN UNMET NEED. WHAT DO YOU NEED IN THIS SITUATION? CLEAR COMMUNICATION, TIME TO PREPARE, EMPATHY, UNDERSTANDING, GUIDANCE?

QUESTION #4: CAN I MEET THIS NEED? CAN MY TEAM HELP ME MEET THIS NEED? HOW?

QUESTION #5: HOW MIGHT YOU ASK FOR THIS?