

# CLEARBRIDGE

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## Navigating Unmet Emotional Needs & Self-Boundaries

### Client Worksheet

#### Purpose

This worksheet helps you understand what happens when you are emotionally triggered and supports you in caring for yourself in the way you needed at the time. By identifying body sensations, emotions, and unmet emotional needs, you can make clear **self-commitments and boundaries** that guide your own behaviour moving forward.

These commitments are **not rules for others**.

They are choices about **how you will care for yourself and what you will or will not do**.

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### Instructions

Work with one experience at a time. Go slowly. If needed, use an **emotion wheel** to help name emotions more precisely.

- **Event:** the triggering behaviour, words, or situation
- **Physical sensation:** how your body tells you you're triggered
- **Emotion:** what you felt
- **Unmet emotional need:** what you needed to feel or receive, but didn't
- **Commitment:** how you will now care for yourself and hold your boundary

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### Reflection Table

Event / Situation / Experience	Physical Sensation in My Body	Emotion	Unmet Emotional Need	Have You Processed or Grieved This Loss?	Commitment
<i>What happened? What was said or done?</i>	<i>What showed up in your body? (e.g., tight chest,</i>	<i>What did you feel? Be as</i>	<i>What did you need in that moment? What did you need to</i>	<input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	<b>I will...</b> (how I will care for myself / meet this need now)

<i>Describe the trigger factually.</i>	<i>clenched jaw, numbness, heat, shallow breathing)</i>	<i>specific as possible.</i>	<i>feel that you didn't get?</i>	<i>What still feels unprocessed or painful?</i>	<b>I won't...</b> (what I will no longer do at my own expense)
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## Guidance for the Commitment Column

Your commitment must:

- Be written in **"I" statements only**
- Describe **your own behaviour**, not others'
- Reflect **self-care, self-respect, and self-protection**
- Be something you can realistically follow through on

If you notice phrases such as *"they should," "they need to,"* or *"I'll do this if they..."*, gently rewrite the statement so it focuses only on **what you will or won't do**.

## Examples of Self-Directed Commitments

- *I will pause and ground myself when I notice tightness in my chest.*
- *I will acknowledge my hurt instead of minimizing it.*
- *I will take space when I feel disrespected.*
- *I won't continue conversations where I feel dismissed.*
- *I will ask for support rather than abandoning my needs.*
- *I won't override my body's signals to keep the peace.*

## Optional Reflection (Between Sessions)

- What unmet emotional needs show up repeatedly for me?
- How does my body consistently signal that a boundary is being crossed?
- Which commitments feel most supportive or relieving to name?
- What does self-care look like for me in moments of activation?