

UNCUT DIAMOND

We all have emotional needs; needs related to having our feelings validated, understood, and believed. Sometimes when these needs are not met, it leaves you feeling sad, worthless, hopeless, and/or unloved. Some say children are like uncut diamonds; their parents are caregivers and caregivers “polish the diamonds” through their words and actions. Use the list below, and add any you may think of to identify any unmet emotional needs. Discuss with your therapist to come up with an action plan for how these needs can be met - finding ways to polish the diamond.

<input type="checkbox"/> To feel loved unconditionally
<input type="checkbox"/> To be recognized for my accomplishments
<input type="checkbox"/> To be encouraged to do my best
<input type="checkbox"/> To be listened to, understood, and heard
<input type="checkbox"/> To feel supported when feeling hurt, weak, or vulnerable
<input type="checkbox"/> To be treated with respect and dignity
<input type="checkbox"/> To be forgiven for my mistakes
<input type="checkbox"/> To feel accepted by those around me
<input type="checkbox"/> To be trusted and believed
<input type="checkbox"/> To be treated fairly and equally
<input type="checkbox"/> To feel capable of succeeding
<input type="checkbox"/> To feel physically attractive
<input type="checkbox"/> To feel that I fit in
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

