

Feelings & Needs: A Summary

Quick Check-In

From *The Voice of the Heart* and *The Needs of the Heart*
by Dr Chip Dodd

The 8 FEELINGS

Fear – helps us prepare for solutions and ask for help, and ultimately leads to faith and wisdom.

Sadness – reveals what we value that we have lost or has changed and grows into acceptance.

Anger – helps us set boundaries, create order, and express what matters to us as passion.

Hurt – tells us when we have been injured in relationship and leads us to find healing.

Loneliness – exposes our need for relationship with ourselves, others, and God, giving us intimacy/friendship.

Shame – reveals our limitations, needs, and gifts, leading to our dependency on others and God and humility.

Guilt – alerts us to when we have done something wrong, leading us to seek forgiveness and make amends.

Gladness – lets us see our blessings, experience gratitude, and recognize ourselves as capable of persevering in a life that is often painful. It opens the door to joy.

NEEDS

Belonging – The need to be accepted for who we are as emotional and spiritual human beings.

Mattering – The need to be appreciated for our individual giftedness.

Security – The need to have a “place” where we can struggle with pain about life and celebrate success.

Grief – The need to surrender to the reality and pain of loss, leading us to attach again.

Attention – The need to be recognized, tended to, and cared about in our need to belong and matter.

Guidance – The need to be shown how to do the “next part” of our lives, and what we haven’t done before.

Accomplishment – The need to know when we have done what we can, celebrate what we have done, and then rest to prepare to begin again.

Support – The need to have assurance that our needs will be responded to, and our ongoing needs replenished.

Listening/Trust – The need to know that what we say matters and that who we depend upon cares about what we say.

Freedom – The need to be liberated from the tyranny that can stop us from living fully, loving deeply, and leading well.

Fun – The need to express being fully human and not be self-conscious about it.

