**The Feelings and Needs Exercise**

Something I recently saw/heard/experienced (positive or negative) was:

When this happened I felt *(choose 2-3 feelings from the list below)*:

I think I felt this way because I needed *(choose 2-3 needs from the list below)*:



To meet the need(s) I just mentioned, I might be able to:

The first steps toward doing that could be:

If I did that I would feel *(choose 1-3 feelings from the list above)*:

I am ready to commit to: