

Needs Worksheet

NEED _____

DEFINITION AND SYNONYMS:

HOW DO I FEEL WHEN THIS
NEED IS MET?

HOW DO I FEEL WHEN THIS
NEED ISN'T MET?

WHAT BELIEFS OR JUDGMENTS DO YOU HAVE ABOUT THIS NEED?

WHAT'S YOUR EARLIEST
MEMORY OF GETTING THIS
NEED MET?

WHAT'S YOUR MOST RECENT
MEMORY OF GETTING THIS
NEED MET?
