

# Feelings and Needs Log

## PURPOSE

When we know what our feelings are telling us and take care of them, we become unstuck, and our feelings begin to shift and move.

## INSTRUCTIONS

The following two exercises are best done at a quiet time of the day so you can reflect on the moments when you are more stressed. As you get better at doing these exercises during the calm times, you will find yourself doing them automatically during the stressful ones.

1

This first exercise starts with your emotion and connects it to your body state, identifying your underlying need.

- When I feel \_\_\_\_\_, what I notice about my body is \_\_\_\_\_, and I need \_\_\_\_\_.
- When I feel \_\_\_\_\_, what I notice about my body is \_\_\_\_\_, and I need \_\_\_\_\_.
- When I feel \_\_\_\_\_, what I notice about my body is \_\_\_\_\_, and I need \_\_\_\_\_.
- When I feel \_\_\_\_\_, what I notice about my body is \_\_\_\_\_, and I need \_\_\_\_\_.

2

The second exercise starts with your body state and works through the closest emotion, action impulse, and underlying need.

What I notice in my body is...	The closest emotion is...	My impulse is to...	What I actually need is...