

Discover Your Needs & Boundaries

Answer these questions without any editing. Allow yourself to connect with what you really want to say and what you think is ok

Take your time
Begin by taking 3 deep breaths
Continue to breathe between each question

How and when do I feel playful?

What helps me feel playful and safe to be me?

What gives me a sense of peace?

How and when do I feel free?

How and when do I feel trapped?

When and how do I feel unheard?

How and when do I feel connected to myself?

How and when do I feel disconnected from myself?

How and when do I feel connected to others?

How and when do I feel disconnected from myself?

It doesn't feel OK for me when..... (fill in the blank)

What do I need to feel safe?

What is most important to me in my life and why?

What are your needs?

**Use your answers AND The List Of Needs
provided from 'The Center of Non-Violent Communication'.**

List Your Top 12 Needs

Clarify your needs

Take each of your needs one at a time and fill out the below:

I have a need for:

This is important to me because:

I know this need is not being met when:

And this makes me feel:

What are some new ways that I can meet this need?

How can I help my loved ones help me meet this need?
