

Emotional Needs Check Tool

Purpose

Strong reactions often aren't random. They can point to a need asking for attention.

Step 1: Notice the Reaction

Pause and name what you're experiencing.

What feels strongest right now?

- ☐ Anger
 - ☐ Frustration
 - ☐ Hurt
 - ☐ Anxiety
 - ☐ Overwhelm
 - ☐ Other: _____
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Step 2: Look Beneath

Strong reactions often signal unmet needs.

Which of these might be present?

(Check any that fit.)

- ☐ Safety
 - ☐ Respect
 - ☐ Understanding
 - ☐ Rest
 - ☐ Connection
 - ☐ Autonomy
 - ☐ Support
 - ☐ Fairness
 - ☐ Other: _____
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Step 3: Name the Need

Complete one sentence:

A need that may be present is:

Step 4: Gentle Response

You don't have to solve everything right now.

One small, supportive step I could take is:

Reflection

Reactions aren't mistakes. They're signals.

When you listen for the need underneath, understanding grows—and the bridge holds.
