BeSpoken TALK THERAPY LLC

Hi, fellow human!
Having needs is *such* a normal thing. Sometimes we can be too overwhelmed, scared, or unaware to really tend to them. Using the worksheet below, try approaching your own needs with some gentle curiosity:

Need	**Thoughts & Feelings**	**Actions**	**Resources**
What's going on with me that needs my attention?	*What emotions, judgments, and assumptions I have about this?*	*What are some steps I can take to work on it?*	*Are there supports that could help me with this?*