

WHAT IS MY BODY TELLING ME IT NEEDS RIGHT NOW?

FEAR



ANGER



SADNESS



DISGUST



JOY



GENIUS



I NEED: A GREATER SENSE OF SAFETY

- TAKE A BREATH OR CHANGE MY BREATHING
- TO DISCHARGE ENERGY
- TO GET FURTHER AWAY
- TO SLOW DOWN
- TO BE IN THE PRESENT
- TO FIND AN EXIT
- SOMETHING ELSE: _____

I NEED: SOMETHING TO MOVE OR CHANGE

- MORE INFORMATION
- TO BE REORGANIZED
- TO SAY "NO"
- TO SET A NEW BOUNDARY
- TO DISCHARGE ENERGY
- A SNACK / MORE SLEEP
- SOMETHING ELSE: _____

I NEED: CONNECTION TO SELF, OTHERS OR PURPOSE

- TO REST
- TO SLEEP
- A BREAK
- TO BE DONE
- ATTENTION
- CONSIDER PERSONAL TOUCH
- TO CRY
- TO REMEMBER
- SOMETHING ELSE: _____

I NEED: SUPPORT OR REASSURANCE / METABOLIC THAT

- TO TAKE MY STOMACH OUT OF MY STOMACH
- TO TAKE MY STOMACH OUT OF MY STOMACH
- TO TAKE MY STOMACH OUT OF MY STOMACH
- TO TAKE MY STOMACH OUT OF MY STOMACH
- TO TAKE MY STOMACH OUT OF MY STOMACH
- TO TAKE MY STOMACH OUT OF MY STOMACH
- SOMETHING ELSE: _____

MY NEEDS ARE MET IN THIS MOMENT

- SAVOR IT
- SHARE IT
- REST
- SMILE
- SOMETHING ELSE: _____

I NEED TO EXPRESS MYSELF

- TO MAKE SOMETHING
- TO SING
- TO DANCE
- TO PLAY
- TO EXPLORE
- TO ACT
- TO WRITE
- TO UNDERSTAND MORE
- SOMETHING ELSE: _____

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