



Emotions and Needs

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This page guides you in identifying primary emotions and needs.

A. Frustrating Patterns	B. Secondary Feelings	C. Reactive Patterns	D. Primary Emotion* (Fear/Shame/Sadness/Anger)	E. Needs Global Specific
When you...	I feel...	And react by...	This obscures my...	What I really want is...
Are late	Angry	Criticizing	Anxiety and feeling rejected	To feel important to you You to call

Fill in the following sentences with your emotions and needs.

When you _____.

I feel _____.

And react by _____.

This obscures my _____.

What I really want (generally) is _____.

What I really want (specifically) is _____.