

WORKSHEET

Exercise | Satisfying unmet emotional needs

All human beings have emotional needs that they want to have fulfilled. When these needs are not satisfied, we feel sad, depressed, lonely, hurt, disappointed, or even worthless. This exercise will help you identify and specify what needs of yours are unmet and will help you design a plan of action by doing something constructive. Too often, people rely on others or life's circumstances to get their needs met and they are disappointed. It is a much healthier approach to do everything you can to assert yourself and arrange your world in such a way that your needs get met through the actions or requests that you make of other people. To be completely dependent on others makes you vulnerable to hurt and disappointment, and it denies your own capabilities and resources to get your needs met.

Unmet Emotional Needs

1. Review the list of common emotional needs and place an X next to the ones that you feel are not met in your life. There are three blank lines for you to write in any unmet needs of yours that were left off the list.

- ☐ To feel loved unconditionally by at least a few people.
- ☐ To get recognition for accomplishments.
- ☐ To be touched, patted, and hugged affectionately.
- ☐ To be encouraged to do your best.
- ☐ To be listened to, understood, and heard.
- ☐ To feel supported when feeling hurt, weak, or vulnerable.
- ☐ To be praised and rewarded for your effort to do the right thing.



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- ☐ To be treated with respect even if you disagree with someone.
- ☐ To be forgiven when you do something wrong.
- ☐ To feel accepted even with your faults or shortcomings.
- ☐ To be asked to join others in social gatherings.
- ☐ To be trusted and believed when telling your side of a story.
- ☐ To have friends you can trust.
- ☐ To have some talent or ability that gets you recognition and builds self-esteem.
- ☐ To feel accepted and loved by God.
- ☐ To be treated fairly, equally, and given an opportunity to succeed.
- ☐ To feel capable of competing adequately against others.
- ☐ To feel your physical appearance is reasonably attractive.
- ☐ To have someone believe in your capabilities.
- ☐ To feel you fit in with a group of friends.



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2. You must not rely entirely on others to meet your needs. Next to your top four unmet needs, write one or two things you could do to help yourself move closer to getting your needs met. Perhaps your therapist can help you identify things you can do to help yourself. Write target dates for completing the steps you can take.

Unmet Need	Steps You Can Take	Target Dates



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3. Write out the consequences of the actions that you have taken to help yourself satisfy your own needs.