

Self-Connection & Prep for an Authentic Conversation:

STEP 1:

Call up the experience or act or expression that was difficult for you. Begin by picking one particular statement you heard or action you saw that was upsetting, as exactly and objectively as you can.

STEP 2: List your reactions/judgements, self judgments on another sheet of paper

This is a place to allow yourself to vent! The more honest you are here the more useful the rest of the sheet will be.

STEP 3: List your feelings

Use the Feelings and Needs list, link: [Feelings & Needs sheet.pdf](#) for this step: In the Feelings columns below, list the feelings you have right now while you think about upcoming conversation.

FEELINGS

NEEDS

FEELINGS		NEEDS	

STEP 4: List your needs

Look at the needs list and pick the needs that are the most resonant with your feelings.

STEP 5: Visualization, Deepening into the Need

Pick one need that feels the most important. Reflect on that need, see if you can feel how it shows up in your body, for example the concept of “freedom” might feel like an openness in your chest. Another option is to remember a time when that need was met so this step is less abstract or intellectual. Savoring a time when that need was met is very helpful for connecting to possibility. A third option is to imagine some ideal scenario where the need is met and what that might feel like. Please note that this step may bring up a lot of mourning for needs that have been unmet for a long period of time. The positive benefit is that this helps make the incident more manageable when you have awareness associations or traumas and can separate the current situation. Some people have success connecting to a need by imagining what that need is like in terms of a color or texture or image.

The Other: Feelings and Needs Inventory

TIPS

- Now sense and guess what needs might be coming up for the other person. While we can't read minds, the goal is to open up to their point of view and their humanity. Of course, be prepared, they may express a need different from what you've guessed.
- Use the Feelings and Needs Lists.

STEP 6:

List Their feelings

In the Feelings columns below, list the feelings you guess they may have.

FEELINGS		NEEDS	

STEP 7: List their needs

For your top 2 or 3 best guesses at their feelings. Guess at the needs that may go along with those feelings.

STEP 8: Visualization

Pick one need that feels the most important. Reflect on that need, see if you can feel how it shows up in your body, for example the concept of "freedom" might feel like an openness in your chest. Another option is to remember a time when that need was met so this step is less abstract or intellectual. Savoring a time when that need was met is very helpful for connecting to possibility. A third option is to imagine some ideal scenario where the need is met and what that might feel like. Please note that this step may bring up a lot of mourning for needs that have been unmet for a long period of time. The positive benefit is that this helps make the incident more manageable when you have awareness associations or traumas and can separate the current situation. Some people have success connecting to a need by imagining what that need is like in terms of a color or texture or image.

