

Feelings When Needs Are Not Met

*These feelings are signals—not problems
They point to something important that needs care.*

◆ Disconnected & Isolation

Possible needs unmet: connection, belonging, inclusion, to be seen.

- Lonely
- Disconnected
- Withdrawn
- Alienated
- Numb

◆ Overwhelm & Stress

Possible needs unmet: support, ease, rest, clarity

- Overwhelmed
- Anxious
- Tense
- Stressed
- Frazzled

◆ Anger & Frustration

Possible needs unmet: respect, understanding, fairness, autonomy

- Frustrated
- Irritated
- Annoyed
- Angry
- Resentful

◆ Fear & Insecurity

Possible needs unmet: safety, stability, reassurance, trust

- Afraid
- Worried
- Nervous
- Insecure
- Guarded

◆ Sadness & Loss

Possible needs unmet: comfort, connection, mourning, meaning

- Sad
- Grieving
- Heartbroken
- Discouraged
- Hopeless

◆ Shame & Self-Judgment

Possible needs unmet: acceptance, compassion, dignity, self-worth

- Ashamed
- Guilty
- Embarrassed
- Self-conscious

◆ Fatigue & Depletion

Possible needs unmet: rest, nourishment, balance, care

- Tired
- Burnt out
- Exhausted
- Weary

Reflection:

What might I need right now?