

Feelings When Needs Are Not Met

Parenting Context

A gentle translation into everyday parenting moments
These feelings often show up in parenting – especially when you're giving a lot and pausing your own needs

◆ Overwhelm & Stress

Possible needs unmet: support, rest, shared responsibility, ease

- Overwhelmed
- Anxious
- Frazzled
- Stressed

Often shows up as: snapping, shutting down, feeling like “I can’t do one more thing.”

◆ Anger & Frustration

Possible needs unmet: respect, understanding, cooperation, autonomy

- Frustrated
- Irritated
- Angry
- Resentful

Often shows up as: yelling, repeating yourself, feeling unheard.

◆ Fatigue & Depletion

Possible needs unmet: rest, nourishment, time, care

- Tired
- Burnt out
- Exhausted

Often shows up as: numbness, scrolling, going to bed depleted.

Reflection:

What might I needing-separate from my child?