

# CORE NEEDS

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When you are ready to have life  
work in your favor...permanently™

Important  
Significance  
Worthy  
Worthwhile  
Recognized  
Accomplished  
Worthy of Attention  
Attention  
Attended to  
Power  
Competency  
Knowledgeable  
Skillful  
Valuable  
Valued  
Esteemed  
Acknowledged  
Appreciated  
Respected  
Achievement  
Strength  
Influence  
Celebrated  
Be Noticed  
Seen  
Noticed  
Regarded  
Be Needed  
Successful  
Usefulness  
Be Heard  
Be Thanked  
Special  
Capable

**Love**  
**Connection**  
**Belonging**  
**Affection**  
**Loved**  
**Warmth**  
**Tenderness**  
**Relatedness**  
Meaningful Relationships  
**Cared for**  
**Cared about**  
**Cherished**  
**Delighted In**  
**Desired**  
**Adored**  
**Included**  
**Liked**  
**Approved of**  
**Accepted**  
**Understood**  
**Treasured**  
**Embraced**  
**Known**

**Safety**  
**Safe**  
**Security**  
**Certainty**  
**Comfortable**  
**Stable**  
**Predictability**  
**In Control**  
**Well-Being**  
**Clarity**  
**Assurance**  
**Protected**  
**Informed**  
**Calmness**  
**Peace**  
**Steadiness**  
**Consistency**  
**Regulated**  
**Abundance**  
**Taken care of**  
**Experience Accuracy**  
**Order**  
**Be OK**  
**Control**

**Change**  
**Variety**  
**Excitement**  
**Joy**  
**Challenged**  
**Adventurous**  
**Unrestricted**  
**Autonomous**  
**Independent**  
**Self-Reliant**  
**Be Free**  
**Choices**  
**Stimulated**  
**Spontaneity**  
**Have Fun**  
**Adventure**

# Step 1: Identify Your Core Need

Read through this list. As you read the words narrow down to the two categories (each column is a category) that seems to fit in your heart. Now choose the word in that list that stands out to you, that fits in your heart. There are many other core need words, if you think of one that fits for you that isn't listed, great, use it.

Now write down the two words (one from each category) that fit for you.

1) \_\_\_\_\_

2) \_\_\_\_\_

# Step 2: Personalize Your Needs

Some examples:

I need to experience feeling safe.

I need to know I am important.

I need to know I am worthy of people's time.

I need to have a sense of belonging.

I need to know I'll be ok even when things are out of my control.

I need to feel some control in my life.

I need to experience joy.

I need to know I'm accepted even when I make mistakes.

I need to have people in my life who care about me

When completing your personalized statement make sure it fits for you, it is broad and do not identify any specific people or situations. Not: I need to know I am important to my sister or I need to be successful at work. Don't tie your needs to being met by just one person or in one situation. Our needs are broader and deeper than one person or one situation.

Use these to start:

I need to feel... I need to have... I need to be... I need to experience... I need to know...

1) I Need to \_\_\_\_\_ + \_\_\_\_\_.

2) I Need to \_\_\_\_\_ + \_\_\_\_\_.

(feel, have, be, experience, know) + (take the identified needs from step 1, you can elaborate

some, but keep it broad)

# Step 3: Accept Your Core Needs

Now that you have identified your needs, before you can do anything else you must accept and give your self permission to have them as a part of you. In our society for a variety of reasons needs are often not acceptable. They are seen as weakness. But they are part of all of us and in order to move towards healthy relationships with others we need to accept them and bring them to our awareness. Now that you have brought them to your awareness, it is time to accept and give yourself permission to have them and to consciously get them met.

**DO NOT SKIP THIS STEP! IT WILL BACKFIRE ON YOU!!**

Make a commitment to yourself (say outloud):

"I (name) fully accept that I have needs and give myself permission to ask others to meet them. I accept, as part of who I am, that I need .....(1) and that I need .....(2) and I have the right and deserve to have others meet these needs for me."

# Step 4: Create a List of How Others Can Meet These

**Needs** (example if I need to feel important – someone can call me 1 x a week to check in and let me know they were thinking of me. Don't identify any one specific yet.)

Need 1: \_\_\_\_\_

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Need 2: \_\_\_\_\_

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

# Step 5: Identify Safe People Who Can Meet Your Needs

Write down the names of two people in your life that are safe and that you can share your needs with them.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Now pick a date you will speak to each and tell them of your core needs and discuss some of the ways they can help to meet them from your list of 10.

Date for name 1 \_\_\_\_\_ Date for name 2 \_\_\_\_\_

## Step 6: How to Use This Information In Difficult Moments

1. Take a time out whenever possible. Excuse yourself to the bathroom.
2. Connect what core need has been triggered in that moment  
Knowing the need will help keep your focus when you go back into the conversation.

**Congratulations! You have done it! Great work!!!**

If you would like additional support for any of these steps contact me at [info@DeborahMorehead.com](mailto:info@DeborahMorehead.com)

Or go to [www.DeborahMorehead.com](http://www.DeborahMorehead.com) and sign up for a Complimentary Discovery Session