

# CLARIFY & ARTICULATE YOUR EMOTIONAL NEEDS

## Step 1

Revisit your Bye Bye Blindspots Reality Check and note your response to the question “Describe the needs you wished your parents met, but didn’t and “What was challenging about your childhood?” For example, if your parents criticized you as a child, your emotional need might be to feel comforted or accepted as you are. If you were not picked up from school, you may have felt forgotten and wanted to feel important. If you felt like your mother favored your brother, you may have felt alone and wanted to feel celebrated. If your father left when you were 5 years old you may have felt unloved and instead wanted to feel prioritized. Write down how these experiences made you feel versus how you want to feel.

<i>How you want to feel now</i>	<i>How you felt in childhood</i>



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## WORKSHEET

### Step 2





What do you notice about how these childhood challenges, disappointments and traumas contribute to your emotional needs now as an adult?



### Step 3

Bring together what you discovered through Steps 1, 2 & 3 to identify and narrow down your Top 5 emotional needs based on your unmet childhood needs and your childhood challenges. Write down all the ways you want to feel with your soulmate.

Hint: It's the opposite of how you felt as a child.

1. 
2. 
3. 
4. 
5. 