

Clarify & Articulate Your Emotional Needs

Finding the One 6.3
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Exploring and honoring your emotional needs is absolutely essential for figuring out the kind of person you want (and need) as your life partner. Emotional needs are needs that when met, make you happy and good in your skin, and when not met, brings you right back to your wounded inner child -- feeling disempowered. Therefore, childhood is the “place” to look when identifying your emotional needs.

STEP 1 Revisit your 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 wanted to feel prioritized. Write down how these experiences made you feel versus how you want to feel.

HOW YOU FELT

HOW YOU WANTED TO FEEL

STEP 2 Revisit your Reality Check and note your response to the question "What was challenging about your childhood?"

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



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STEP 3 Based on the needs that weren't met in your childhood and the trauma you experienced, write down all the ways you want to feel with with your soulmate.

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

STEP 4 Bring together what you discovered through Steps 1, 2 & 3 to identify and narrow down your Top 5 emotional needs based on your needs that weren't met and childhood challenges

Write down how you want to feel, with yourself and with your soulmate!

My Top 5 Emotional Needs Are:

1

2

3

4

5

STEP 5 Before we can receive from another, we need to be sure we are nurturing ourselves and meeting our OWN emotional needs

How have you been neglecting your own emotional needs in the past?

What can you do now and on an ongoing basis, as you parent yourself, to foster these feelings within yourself and fulfill your inner child's unmet needs so you feel safe and happy?



NOTES

