

# Expressing Needs Clearly Worksheets

## 1. Identifying Your Needs

List areas of your life where you feel your needs are not being fully met. Consider emotional, physical, social, and professional domains.

<b>Emotional Needs</b>	
<b>Physical Needs</b>	
<b>Social Needs</b>	
<b>Professional Needs</b>	

## 2. Understanding Barriers

Reflect on what has prevented you from expressing your needs in the past. Consider fears, beliefs, or external factors.

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## 3. Formulating Clear Statements

Transform your identified needs into "I" statements that clearly articulate what you need without placing blame or judgment on others.

- Need:

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- "I" Statement:

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#### **4. Assertiveness Practice**

Create scenarios where you practice expressing your needs using the "I" statements you've formulated.

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#### **5. Anticipating Responses**

For each scenario, anticipate potential responses (both positive and negative) and plan how you will address them.

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#### **6. Self-Care and Support**

Identify self-care practices and supportive resources you can turn to if expressing your needs becomes emotionally challenging.

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