



MAKE MY LIFE MORE WONDERFUL

3.5 Needs and Strategies

Choose a need that feels really important to you right now.

How do you feel towards this need? Do you wish you didn't have it? Does it seem to bring only pain? Do you cherish it as part of who you are?

How have you tried to meet that need in the past? How well did it work? What you like to be different in how it was met?

Imagine what that might look like for YOU to have that need fully met (or if that's too hard, just a little bit met!) - what might some ideal other do or say that would really meet that need? Or is it something you can (only?) meet for yourself? (either is fine!)

