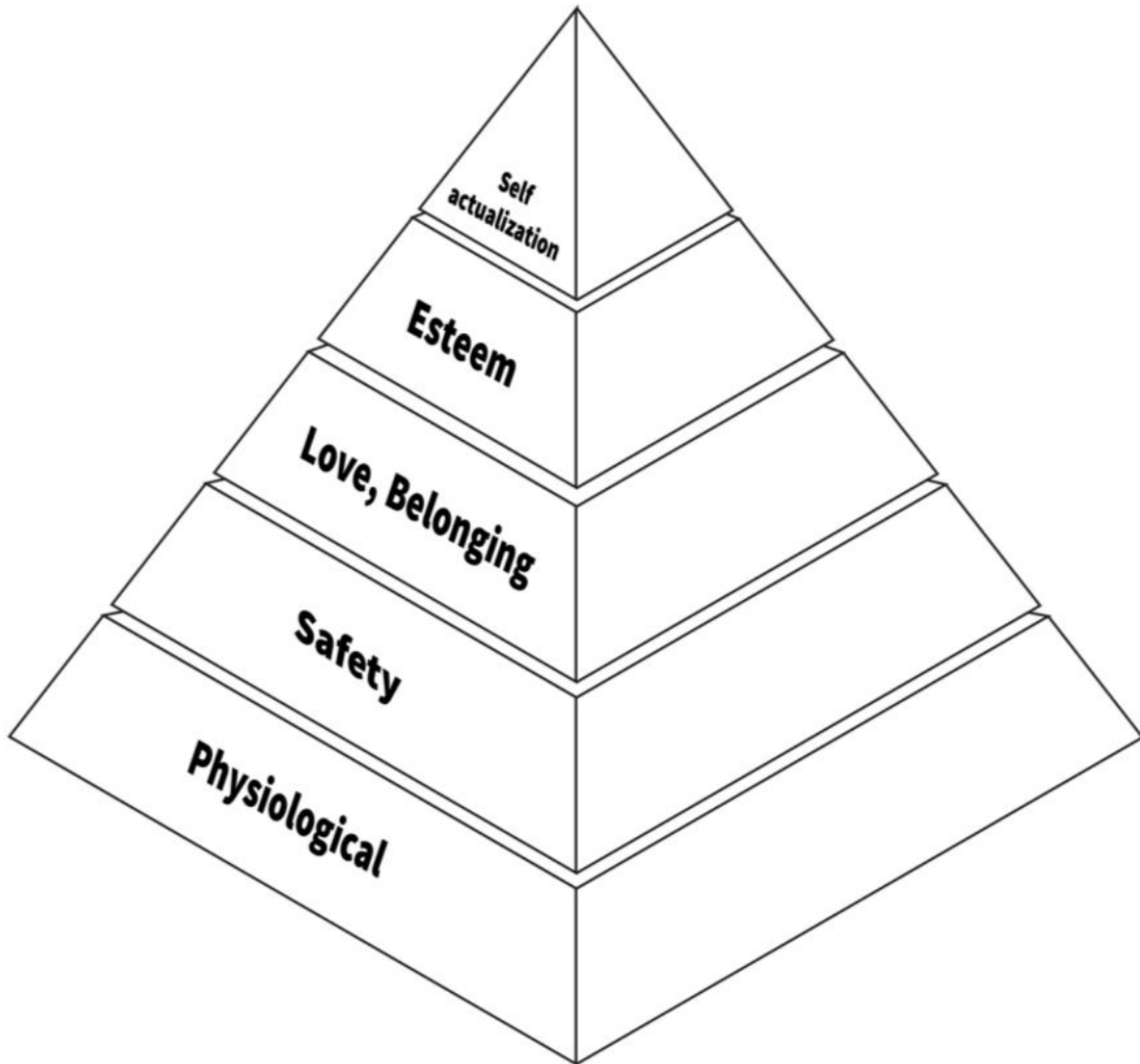


Hierarchy of Needs Tool

Instructions: Use the blank "Hierarchy of Needs". No rules apply. Only that you are honest with yourself and that they are needs you must have in your life to feel fulfilled.



Some Questions to Consider:

- ▶ "Take a moment and consider how you experience your needs in different areas of your life.
- ▶ Perhaps, ask yourself: Do I feel safe? Do I feel loved? Do I feel seen? Do I feel heard?
- ▶ Remember, there are no right or wrong responses.
- ▶ If you'd like, close your eyes and experience your response.
- ▶ Just be curious about what you are learning about yourself and your needs.
- ▶ What do you notice?