

Unmet Emotional Needs Worksheet

Name: Nick Salton

Age: 31

Date: Jan 22, 2024

This worksheet is a tool for exploration and growth. It is important to approach it with openness and honesty, and to discuss any challenges or discoveries with your healthcare professional

Identifying Unmet Emotional Needs

How do you feel right now emotionally?

Feeling anxious and somewhat disconnected from others. Empty, even though I feel like I should be happy with what I have, especially because it seems I have more than others do.

What specific emotions have been predominant recently?

Anxiety, loneliness, and occasional sadness.

Do you think these emotional needs have been met? Check any that you feel are being met.



Love and affection



Understanding and empathy



Security and safety



Connection and belonging



Appreciation and recognition



Autonomy and independence



Growth and self-fulfillment

Apart from those listed, what other emotional needs do you feel are unmet?

A need for creative expression and meaningful work.

How have these unmet needs affected your thoughts, feelings, and behaviors?

I often feel isolated and struggle with self-doubt, leading to procrastination at work and avoidance of social situations. I feel like I'm not as good as people my age should be in terms of financial security, and I struggle with feelings of being unqualified and unskilled in many things

Have you made any attempts to fulfill these needs in the past? Please describe.

Tried joining a book club for connection and took a few art classes for creative expression but didn't stick with them.

Exploring the Origins of Unmet Needs

Reflect on your childhood and upbringing. Are there experiences that might have contributed to these unmet needs?

Grew up in a family where emotional expression was discouraged. Focused mainly on academic achievements. I also got praised for being smart, but I felt mostly lucky. I ended up being mediocre.

Consider your past relationships (both romantic and platonic). How have these relationships influenced your emotional needs?

Previous relationships lacked deep emotional connection, which left me feeling more isolated. I thankfully have a wife I love deeply.

Are there any cultural, societal, or family norms that have shaped your emotional needs or the way they have been addressed?

Being raised in a culture that values independence over emotional vulnerability has made it hard for me to express my needs.

Strategies for Addressing Unmet Emotional Needs

Write a statement of self-compassion acknowledging your unmet needs.

I recognize that my emotional needs are valid, and it's okay to seek fulfillment and connection.

Identify and list healthy coping mechanisms that could help you manage emotions related to unmet needs.

Mindfulness meditation
Journaling
Regular exercise

Outline steps to build or strengthen your support system (family, friends, support groups, etc.).

Reconnect with old friends
Join a local art community
Consider attending a support group for anxiety

Identify areas where you need to set healthier boundaries or assert your needs more clearly.

Set boundaries at work to manage stress
Express my needs clearly in personal relationships

Are there professional resources (such as therapy, counseling, support groups) that might help? List any that you are considering.

Individual therapy with a focus on emotional expression

A support group for creative professionals

Action Plan

List specific short-term goals for addressing your unmet emotional needs.

Attend therapy sessions bi-weekly

Join an art class within the next month

List long-term goals for emotional well-being and fulfillment.

Build a strong, supportive friend circle

Integrate creative expression into my daily life

Outline specific steps you plan to take to achieve these goals.

Schedule therapy by next week

Sign up for an art class and commit to attending weekly

Schedule dates for reviewing progress and adjusting goals/actions as needed.

Review progress monthly, first review on 2024-02-19

Health Professional's Observations, Recommendations, and Notes

Nick shows a high level of self awareness a strong willingness to address his unmet emotional needs. Recommended continuous therapy focusing on emotional expression and building social connections. Encourage persistence in creative pursuits as a therapeutic outlet.

Name of Health Professional and Signature:

Dr. Sarah Johnson, Ph.D.

Name of Practice:

Mind Harmony Wellness Center