

Wanting to Be Heard Interpersonal Therapy Worksheet

Name:

Date:

This worksheet is designed to help you explore your desire to be heard and develop strategies to communicate your needs effectively in your interpersonal relationships. Take your time to reflect on each question and write down your thoughts and responses.

Identify the specific situation or relationship in which you often feel unheard

Describe the situation or relationship where you find it challenging to have your voice heard.

What are some examples or instances that come to mind?

Explore your emotions and needs

How do you feel when you are not being heard in this situation or relationship?

What are your underlying needs that are not being met when you feel unheard?

Reflect on your communication style

How do you typically express your thoughts and feelings in this situation or relationship?

Are there any patterns or behaviors that may contribute to feeling unheard?

Clarify your expectations

What do you want from the other person(s) involved in the situation or relationship?

Are your expectations realistic and clearly communicated?

Consider the perspective of the other person(s)

What might be the reasons or barriers that prevent them from fully hearing you?

How do you think they perceive your attempts to be heard?

Brainstorm communication strategies

What are some alternative ways you can express yourself to increase your chances of being heard?

How can you communicate your needs and feelings more effectively without resorting to negative patterns or behaviors?