



THE COACHING GROUP

UNMET NEEDS

WE ALL HAVE NEEDS. WHEN OUR NEEDS ARE NOT MET IT CAN AFFECT OUR MENTAL AND PHYSICAL HEALTH AS WELL AS OUR RELATIONSHIPS.

THIS EXERCISE WILL HELP YOU IDENTIFY DIFFERENT WAYS TO MEET CURRENT UNMET NEEDS AND TO REFLECT ON COPING STRATEGIES FOR NEEDS THAT CANNOT CURRENTLY BE MET.

Need not being met/fully met	How could this need be met?	Is there an alternative way this need could be met?

If you have a need that must be met by your partner, how will you communicate this?

How can you be more emotionally supportive to yourself when needs are not met?

How can you be more comfortable with your unmet needs?

