**CONNECTIONS BETWEEN**

**NEEDS, FEELINGS, & ACTIONS**

**NEEDS are the roots of our feelings**

When our needs are being met we experience positive feelings

When needs are not met we experience negative feelings

**FEELINGS** **are the emotions used to describe how we experience and understand situations and experiences**

We all experience a wide range of feelings

There is no right or wrong way to feel about what happens to you

**ACTIONS** **are the things we do**

**MY NEEDS**

**Accomplishment**

**Affection and Love**

**Choices**

**Confidence and Self-Esteem**

**Creativity**

**Education and Learning**

**Encouragement and Hope**

**Exercise, Fun, and Play**

**Family and Friendship**

**Good Health**

**Helping Others**

**Respect**

**Rules**

**Rest and Sleep**

**Safety**

**Support and Caring from Others**

**Understanding, Trust**

Circle a need that is important to you

Put a post-it under that need on the wall

**THE CONNECTIONS**

|  |  |  |
| --- | --- | --- |
| **Need** |  | |
| **Feelings**  **Experienced** | **Not Met** | **Met** |
|  |  |
| **Action When Having Those Feelings** |  |  |
| **When I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  State Need and if Met or Not State Feeling You Have  **When I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Restate Feeling State Action You Do When Having That Feeling | | |
| **When I don’t get enough rest, I feel irritated.**  **When I feel irritated, I am sometimes mean to other people.**  **When I learn new things, I feel confident.**  **When I feel confident, I get a smile on my face and walk with pride.** | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **NEGATIVE FEELINGS likely to be present when NEEDS ARE NOT being met** | | | | | | | | |
| **ANGRY** | Annoyed | | Mad | | Upset | |  | |
| **EMBARRASSED** | Confused | | Insecure | | Uncomfortable | |  | |
| **FEAR** | Helpless | | Nervous | | Scared | |  | |
| **SAD** | Depressed | | Disappointed | | Lonely | |  | |
| **STRESSED** | Nervous | | Panic | | Worried | |  | |
| **When my Need for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is not met, I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  State Need State Negative Feeling  **When I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Restate Negative Feeling State Action You Do When Having That Feeling | | | | | | | | |
| **POSITIVE FEELINGS likely to be present when NEEDS ARE being met** | | | | | | | | |
| **CONFIDENT** | | Capable | | Hopeful | | Smart | |  |
| **HAPPY** | | Cheerful | | Comfortable | | Excited | |  |
| **LOVED** | | Important | | Respected | | Valued | |  |
| **PEACEFUL** | | Calm | | Relaxed | | Satisfied | |  |
| **PLAYFUL** | | Energetic | | Funny | | Mischievous | |  |
| **When my Need for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is met, I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  State Need State Positive Feeling  **When I Feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  Restate Positive Feeling State Action You May Do When Having That Feeling | | | | | | | | |