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Protection Plan Part C

STEP A: Identify what you are feeling

MAD	SAD	GLAD	SCARED
angry	bummed	happy	anxious
annoyed	blue	joyful	nervous
ticked	down	serene	afraid

We have to learn to get our **EMOTIONAL** needs met in **HEALTHY** ways.

BOLDED: TOP 10 EMOTIONAL NEEDS OF CHILDREN & MOST ADULTS

Basic Human Emotional Needs

accepted acknowledged admired appreciated approved of believed in capable cared about challenged clear (not confused) competent confident forgiven	free fulfilled heard helped helpful important in control included listened to loved needed noticed powerful	private productive/useful reassured recognized respected safe/secure supported treated fairly trusted understanding understood valued worthy
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