Printable · for the fridge or your notebook

List of feelings and emotions

Instead of "good" and "bad," find one precise word. You can pick more than one: feelings rarely come alone. Watch out for "I feel that...": what follows is usually a thought, not a feeling.

When your needs are met

Joy

happy, joyful, cheerful, delighted, amused, playful, thrilled, elated

Peace

calm, peaceful, relaxed, at ease, serene, safe, carefree, relieved

Warmth and closeness

grateful, touched, moved, tender, loving, affectionate, friendly, trusting

Energy

energized, alive, excited, enthusiastic, motivated, eager, curious, inspired

Strength and fulfillment

confident, proud, fulfilled, satisfied, brave, empowered, hopeful, lighthearted

When your needs aren't met

Sadness

sad, down, gloomy, disappointed, lonely, dejected, resigned, wistful

Fear

scared, worried, nervous, anxious, uneasy, tense, terrified, helpless

Anger

angry, annoyed, irritated, frustrated, impatient, resentful, bitter, furious

Tiredness

tired, sluggish, weary, worn out, drained, exhausted, overwhelmed, burned out

Shame and uncertainty

ashamed, embarrassed, guilty, self-conscious, awkward, insecure, unsure, confused

Hurt

hurt, aching, miserable, heartbroken, crushed, grieving, devastated, despairing

Behind every feeling there's a need

List of needs

Finish the sentence: "I feel... because I need..." If your answer has a specific person or a specific action in it, it's a strategy, not a need. Ask yourself: and what would that give me?

Body and safety

rest, sleep, food, movement, health, safety, shelter, touch

Connection and belonging

love, closeness, affection, friendship, community, belonging, support, trust

Respect and appreciation

respect, recognition, appreciation, to be seen, to be heard, understanding, acceptance, fairness

Autonomy

freedom, independence, choice, self-direction, space, privacy, spontaneity

Meaning and growth

meaning, purpose, growth, learning, creativity, competence, effectiveness, contribution

Honesty and integrity

authenticity, honesty, integrity, clarity, transparency, presence, self-expression

Play and peace

play, humor, joy, ease, peace, harmony, beauty, order

> *We fight about strategies: who takes out the trash, who calls whom, who's right. Our needs are usually very much alike.*

Date: _____

An I statement in 4 steps

Think of one situation that's bothering you. Write it down here before you talk about it.

1. Observation What exactly happened? No judgments, no "always" or "never."

2. Feeling What do I feel? One or two words from the list of feelings.

3. Need What do I need? One word from the list of needs.

4. Request What specific, doable thing will I ask for?

THE WHOLE SENTENCE: WHEN... I FEEL... BECAUSE I NEED... WOULD YOU...?

Write the hard conversation to yourself first

Before you say something difficult, write it down in four steps in a letter to yourself. It will come back to you by email in a few months. You'll read whether the conversation happened and what has changed.



You write today

Four steps and a few sentences from you.



We seal it

Your letter is encrypted the moment it's saved.



It comes back to you

By email in a month, 3 months, half a year or a year.

> *Start with four sentences: what happened, what I feel, what I need and what I'll ask for.*

Scan the code with your phone or go to

writetomyself.com

Writing a letter is free. No account needed.

Want to take an honest look at your relationship?

The **How is your relationship, really?** guided letter takes 5 minutes and looks at time together, communication, closeness, trust, everyday life and a shared future, and you see the result right away. You'll find it at **writetomyself.com/guided/relationship-check**.