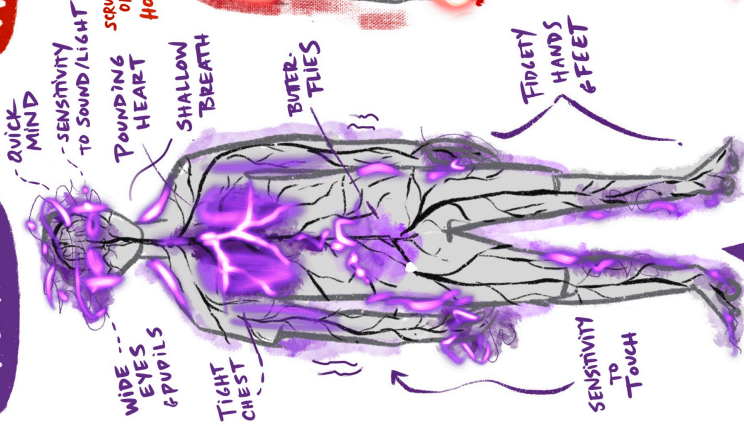


WHAT IS MY BODY TELLING ME IT NEEDS RIGHT NOW?

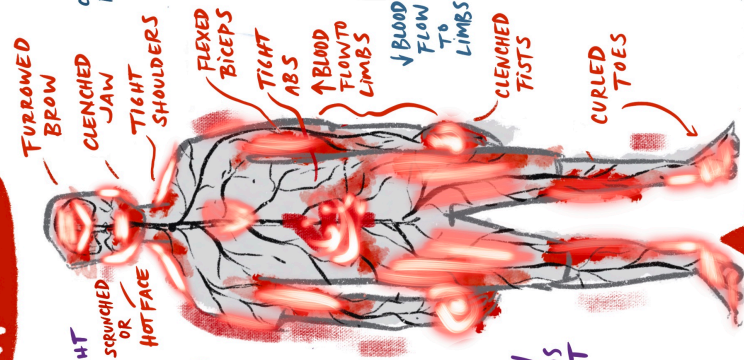
FEAR



I NEED: A GREATER SENSE OF SAFETY

- ☐ TO TAKE A BREATH OR CHANGE MY BREATHING
- ☐ TO DISCHARGE ENERGY
MOVE • SHAKE • GRUNT
- ☐ TO LEAVE OR BE FURTHER AWAY
- ☐ TO SLOW DOWN
- ☐ TO SPEED UP
- ☐ TO GROUND IN THE PRESENT
- ☐ TO FIND AN EXIT
- ☐ SOMETHING ELSE: _____

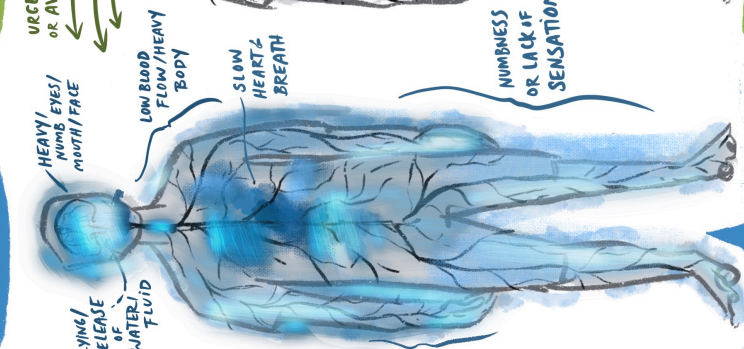
ANGER



I NEED: SOMETHING TO MOVE OR CHANGE

- ☐ MORE INFORMATION, CLARITY OR UNDERSTANDING
- ☐ TO BE HEARD/NOTICED
- ☐ TO SAY "NO"
- ☐ TO SET A NEW BOUNDARY
- ☐ TO DISCHARGE ENERGY
~ SQUEEZE • YELL • MOVE ~
- ☐ A SNACK/MORE GLUCOSE
- ☐ SOMETHING ELSE: _____

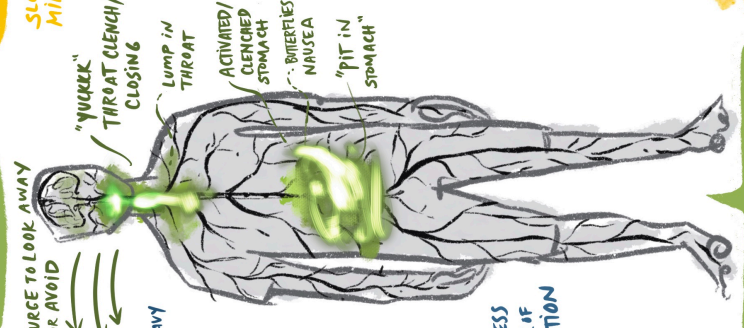
SADNESS



I NEED: CONNECTION TO SELF, OTHERS OR PURPOSE

- ☐ TO REST
- ☐ TO SLEEP
- ☐ A BREAK
- ☐ TO BE DONE
- ☐ ATTENTION
- ☐ CONSENSUAL PHYSICAL TOUCH
~ A HUG • A SNUGGLE • A PAW ~
- ☐ TO CRY
- ☐ FRIENDSHIP
- ☐ TO REMEMBER
- ☐ SOMETHING ELSE: _____

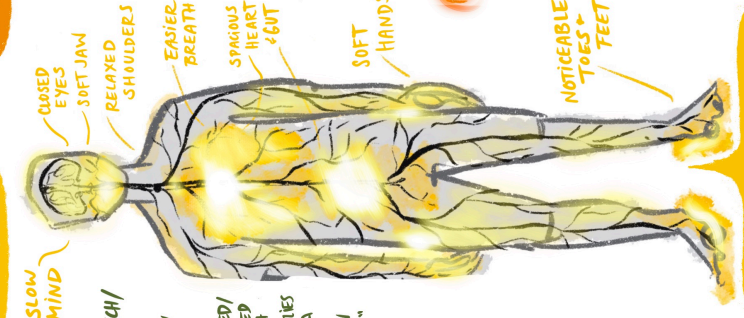
DISGUST



I NEED: SUPPORT CONSUMING/DIGESTING / METABOLIZING THAT

- ☐ TO RELEASE SOMETHING
- ☐ TO TALK ABOUT/SHARE SOMETHING CAUSING DISCOMFORT
- ☐ TO INVESTIGATE SOMETHING FOR MYSELF
- ☐ TO SUSPEND JUDGEMENT
~ MY OWN • SOMEONE ELSE'S ~
- ☐ TO TAKE A VERY SMALL BITE
- ☐ SOMETHING ELSE: _____

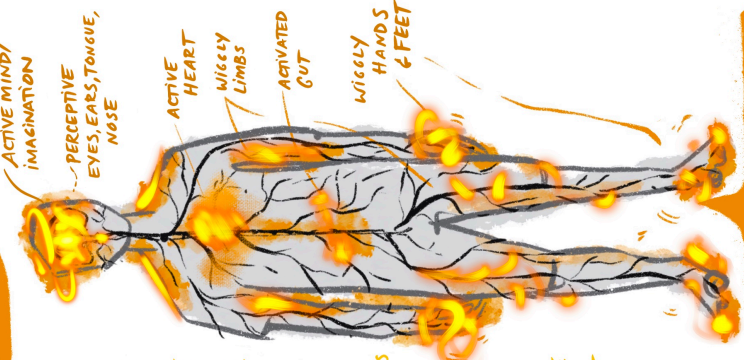
JOY



MY NEEDS ARE MET IN THIS MOMENT

- ☐ SAVOR IT
- ☐ SHARE IT
- ☐ CELEBRATE!
- ☐ REST
- ☐ REMEMBER THIS FOR LATER
- ☐ SOMETHING ELSE: _____

GENIUS



I NEED: TO EXPRESS MYSELF

- ☐ TO MAKE SOMETHING
- ☐ TO SING
- ☐ TO DANCE
- ☐ TO PLAY
- ☐ TO EXPLORE
- ☐ TO TAKE ACTION
- ☐ TO WRITE
- ☐ TO UNDERSTAND MORE DEEPLY
- ☐ SOMETHING ELSE: _____