SOLA
A SOFT LANDING SPACE

WORKBOOK · VALUES, WANTS & NEEDS · WEEK 2

Understanding Wants, Needs & Boundaries

What you need, what you'd like, and the lines that protect both

A workbook for telling needs and wants apart, noticing the needs you learned to hide, and practicing the words that protect them. Go at your own pace. Skip anything that doesn't fit today.

- Need, want or boundary?
- Signals a need is unmet
- Boundary sentences
- Naming a need in 3 sizes

UNDERSTAND · SUPPORT · CONNECT · BUILD

Welcome back.

Last week you found some of your values: the directions that matter to you. This week is about what you need to keep going, what you'd like, and the boundaries that protect both. Many of us learned to treat our needs as wants, or as too much. This is a place to sort that out gently.

UNDERSTAND	How a need is different from a want
SUPPORT	Why our needs get called "too much"
CONNECT	Naming a need out loud
BUILD	Your needs recognition list

LOW ON ENERGY TODAY?

Try just three things: the sort on page 3, your signals on page 7, and one tiny script on page 10.

"Having needs doesn't make you needy."

UNDERSTAND

Need, want or boundary?

Sort each item for *you*, not for people in general. The same thing can be a need for one person and a want for another. Add your own at the bottom.

Item	Need	Want	Boundary	Not sure
Quiet time after work	☐	☐	☐	☐
A new phone case	☐	☐	☐	☐
Leaving events by a set time	☐	☐	☐	☐
Eight hours of sleep	☐	☐	☐	☐
Texts instead of calls	☐	☐	☐	☐
A weekend away	☐	☐	☐	☐
Written instructions at work	☐	☐	☐	☐
Not hugging people I don't know well	☐	☐	☐	☐
Eating at regular times	☐	☐	☐	☐
A favorite snack in my bag	☐	☐	☐	☐
_____	☐	☐	☐	☐
_____	☐	☐	☐	☐
_____	☐	☐	☐	☐
_____	☐	☐	☐	☐

Which ones were hard to sort? What made them hard?

UNDERSTAND

The need test.

Pick one thing you're not sure about. Run it through the four questions. Then decide, for now, whether it's a need, a want, or somewhere in between.

The thing I'm testing: _____

1 What happens if this goes unmet for a week?

2 Is it about how I function, or how I'd like things to be?

3 Would I tell a friend to give this up?

4 Does going without it cost me later?

MY ANSWER, FOR NOW ☐ Need ☐ Want ☐ In between

Run the test again on something else:

UNDERSTAND

My body & brain needs.

For each area, write what you need, in your words. Then mark how often it gets met right now. No judgment; this is just a map.

Area	What I need	Mostly	Sometimes	Rarely
Sensory quiet, light, textures		☐	☐	☐
Rest & recovery sleep, downtime		☐	☐	☐
Food & water regular meals, safe foods		☐	☐	☐
Movement stimming, walks		☐	☐	☐
Predictability routine, warnings		☐	☐	☐
Processing time time to think		☐	☐	☐
Connection safe people		☐	☐	☐
Alone time recharge		☐	☐	☐

Which need gets met least? What's one small way to meet it a little more?

SUPPORT

Needs I learned to hide.

Masking, being called "too much," and putting others first can all teach us to hide what we need. Name a few, gently. You don't have to share this with anyone.

Example: I hide that I need a break from noise. I learned it at school, when leaving class meant getting in trouble. Now I'd like to believe: stepping out to recover is allowed.

A NEED I HIDE	WHERE I LEARNED TO HIDE IT	WHAT I'D LIKE TO BELIEVE NOW

A NEED I HIDE	WHERE I LEARNED TO HIDE IT	WHAT I'D LIKE TO BELIEVE NOW

A NEED I HIDE	WHERE I LEARNED TO HIDE IT	WHAT I'D LIKE TO BELIEVE NOW

A NEED I HIDE	WHERE I LEARNED TO HIDE IT	WHAT I'D LIKE TO BELIEVE NOW

A need you hide doesn't go away. It just goes unmet.

SUPPORT

Signals a need isn't met.

Our signals can arrive late or come out sideways, as irritability, fog or shutdown. Write what you notice, then guess what you might need. Guesses are fine.

WHEN I NOTICE…	I MIGHT NEED…
e.g. snapping at small things	*e.g. quiet, food, or a break*

Which signal shows up first for me, usually?

SUPPORT

Request or boundary?

A request asks someone else for something. A boundary is about what *you* will do, whatever they choose. Both are useful. Try writing each need both ways.

THE NEED	AS A REQUEST	AS A BOUNDARY
Recovery time after social events	*"Could we end by 9 so I can rest?"*	*"I'll head home at 9, even if others stay."*

Which felt easier to write: the request or the boundary? Why?

● BUILD

My boundary sentences.

A simple shape for a boundary: **When ___ happens, I will ___.** It names the situation and your own action. You don't need anyone's permission to keep it.

Examples: When the noise at dinner gets too loud, I will step outside for five minutes. When someone asks for a favor on a low-spoon day, I will say "Let me check and get back to you."

When _____ **I will** _____

When _____ **I will** _____

When _____ **I will** _____

When _____ **I will** _____

When _____ **I will** _____

When _____ **I will** _____

When _____ **I will** _____

Which boundary would protect me most this week?

CONNECT

Naming a need, in three sizes.

Pick one need. Write how you could name it in three sizes, so you have words ready whatever your energy is.

The need: _____

Tiny

one word, emoji or signal

Short

one sentence

Full

a real conversation

Who could I try the tiny or short version with first?

this week's Community Circle question: what's a need you often ignore? why?

● BUILD

This week's practice.

Three small moves to see your needs clearly.

Notice
When you feel off, ask: what might I need right now? Write it down.

Sort
Use the Needs vs. Wants infographic and the need test on what you noticed.

Name
Build your Needs Recognition List in Practice Lab, and name one need, any size.

End of the week: a need I noticed that I usually miss:

A time I named a need, and what happened:

Before you go.

Needs keep you going
If it breaks down without it, it's probably a need.

Not too much
Sensory, social and processing needs are real needs.

Boundaries are yours
A boundary is about what you will do, not what others must.

Any size counts
A tiny signal is still naming a need.

One thing I want to remember from this week:

Come as you are. Learn at your pace.
You belong here.

If you're in crisis or thinking about ending your life, please reach out now. In the US, call or text 988 (Suicide & Crisis Lifeline). Outside the US, contact your local emergency or crisis line.

Sources: Ryan, R. M. & Deci, E. L. (2000), "Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being," *American Psychologist*; Hull, L. et al. (2017), "Putting on My Best Normal," *Journal of Autism and Developmental Disorders*.