S LA
A SOFT LANDING SPACE

PRACTICE LAB · WORKSHEET

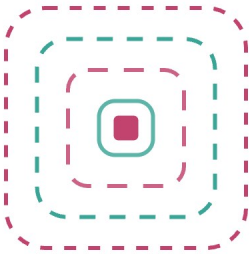
Build Your Needs Recognition List

A one-page reference for the days it's hard to know what you need.

Fill this in on a steadier day, then keep it somewhere you'll see it. When you feel off, check the signals first, then the needs, then the words.

My core needs

The ones that aren't optional



Me

My daily needs

What a good-enough day includes

Signals a need isn't met

Body, mood, thoughts, actions

How I can ask

Small, medium and big versions

QUICK MATCH · WHEN I NOTICE…

the signal	what I probably need

If you're in crisis or thinking about ending your life, please reach out now: in the US, call or text **988**; elsewhere, contact your local emergency or crisis line.