Needs Exploration Worksheet

Eight areas. What you need, how often you get it, one small step.

Go area by area. For "how often met," fill one circle: empty for rarely, light for sometimes, full for mostly. Small steps count. "Bring headphones" is a real step.

AREA	WHAT I NEED HERE	HOW OFTEN MET	ONE SMALL STEP
Rest & sleep		○ ○ ●	
Food & water		○ ○ ●	
Sensory		○ ○ ●	
Social & connection		○ ○ ●	
Focus & thinking		○ ○ ●	
Emotional		○ ○ ●	
Space & routine		○ ○ ●	
Movement & body		○ ○ ●	

○ Rarely ○ Sometimes ● Mostly

Needs areas adapted for neurodivergent adults; see self-determination theory (Ryan & Deci, 2000). For education, not diagnosis.

When a Need Goes Unmet

Learning your early signs makes it easier to ask sooner.

In my body

Tight jaw, headache, hunger I didn't notice...

In my thinking

Foggy, stuck, can't start, can't stop...

In my mood

Snappy, flat, teary, wired...

In what I do

Cancel plans, scroll, overwork, go quiet...

Who can help me meet my needs?

A PERSON I TRUST

WHAT I COULD ASK THEM

A PLACE OR TOOL THAT HELPS

SOMETHING I CAN DO ALONE

The need I want to start with:

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.