

Name \_\_\_\_\_

Date \_\_\_\_\_

## One Current Need: \_\_\_\_\_

What can help you meet this need?	
What makes it hard for this need to be met?	
<i>What would it feel like to have this need completely met? (You can use words and pictures).</i>	

### Reflect

What sensations are you feeling in your body now as you imagine this need being completely met?