

# Listening with needs

Feeling connected to the story **1**

| Very unpleasant | | neutral | | Very pleasant |

The story **2**

Words for feelings **3a**

Enough?

YES

Thoughts that evoke strongest feelings **3b**

- 1.
- 2.
- 3.

Needs **4a**

Needs that want most attention **4b**

- 1.
- 2.
- 3.

Enough?

YES

Possible strategies to fulfil your needs **5**

- 1.
- 2.
- 3.

	You	People Neutral	Involved
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>