



ADULT ADHD / ADD TIPS & SUPPORT PODCAST

EPISODE 65: JOURNALING



4 STEP JOURNALING PROCESS

1. What's alive?

2. What are the main feelings?

3. What are the unmet needs?
(See Needs List)

4. What actions can I take to
meet these needs?

NEEDS LIST

Safety / Security	Spontaneity	Focus
Health / Physical Well-Being	Celebration	Consistency
Relaxation	Friendship	Order
Rest / Sleep	Companionship	Simplicity
Affection / Touch	Belonging	Ease
Nurturing	Community	Harmony
Exercise	Acceptance	Peace
Movement	Support	Effectiveness
Privacy	Respect	Awareness
Space	Appreciation	Presence
Choice	Understanding	Accomplishment
Freedom	Listening	Self-Esteem
Autonomy	Empathy	Self-Confidence
Meaning	To be seen and heard	Growth
Purpose	Trust	Challenge
Inspiration	Authenticity	Learning
Hope / Reassurance	Creativity	Discovery
Play	Self-Expression	Competence
Joy	Clarity	Skill

Chart based on Center for Nonviolent Communication "Needs Inventory" - www.cnvc.org