Core emotional needs

What every child needs, and what you may still be needing now.

Name _____ Date _____

Schema therapy is built on the idea that all children share certain emotional needs. When these are met well enough, we grow up feeling secure and able. When they are not, life patterns form. For each need, note how well it was met when you were growing up, and how well it is met in your life now.

Need	Growing up	Now
Safety and secure attachment: to be loved, protected, accepted and reliably cared for		
Autonomy and a sense of who I am: to be encouraged to do things for myself and to trust my own abilities		
Freedom to express needs and feelings: to say what I feel and want without fear		
Spontaneity and play: to have fun, be silly and be a child		
Realistic limits: to learn self-control and consideration for others		

The need that was least met when I was young

How that still shows up in my life

One way I could begin to meet that need for myself now, or ask for it to be met

The five core needs come from schema therapy, developed by Jeffrey Young.

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