What I needed then, what I need now

Linking an old hurt to today's reactions, and answering the need.

Name _____ Date _____

Strong reactions in the present are often linked to something from the past. This exercise traces the link. If it stirs up a lot, stop, and bring it to our next session.

A recent situation where my reaction was stronger than the event seemed to deserve

What I felt

When have I felt like this before? What is the earliest time I can remember?

What I needed back then, and did not get

- [ ] Comfort
- [ ] Praise
- [ ] Someone on my side
- [ ] Protection
- [ ] To be listened to
- [ ] To be believed

What a caring adult would have said or done

What the younger me concluded about myself or about people

Is that conclusion still fair?

What I need now when that feeling comes, and how I, or someone else, could give it to me

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