

Seeing Needs & Meeting Needs

See the Need				Meet the Need			
Personal to Me			Others Observe				
Sensations that help me know I am safe	Sensations that make me aware of a need or an emotion	Triggers that tell my body I am not safe.	Behaviors that others see or hear when I have a need that isn't being met.	Activities to help me cope with small amounts of risk or discomfort so I can learn and grow and explore	People who help me when I am overwhelmed. People who co-regulate with me.	Places I can go when I feel unsafe or like I will hurt someone (with my words or with violence).	Healthy Comfort: things that are healthy for me and help me to get back into my safe, comfortable body.
stomach rumbles	sweating	smells	pacing	take 3 deep breaths	1	1	comfortable clothes
even breathing	shallow breathing	sounds	unable to decide	music	2	2	wrap in a blanket
exhale > inhale	heart racing	places	irritability	grounding	3	3	drink cool water
yawn	stomach ache	anger	fatigue	counting to 10			drink warm tea
sigh	head ache	loneliness	jaw clenching	slow breaths			healthy distraction
swallow	tightness in chest	pain	raised voice	half smile			call a friend
heart rate slows	tense muscles	anniversaries	disorganized behavior	remembering someone who loves me			nature walk
pupils constrict	start to cry	rejection	hyperactive movement	notice my senses			exercise
muscles relax	need to go to toilet	unwanted physical touch	skin picking	positive self talk			stretch/yoga
	feeling shaky	holidays	whining; edgy voice	bring a friend along			massage
	pupils dilate	arguments	throwing objects				hot shower
	heat in body	violence (media, IRL)	refusing to talk				
	heart beat in ears	end of a relationship	wanting to be alone				
		substance misuse	arguing with everything				
		feeling vulnerable					
		feeling abandoned					
		almost anything associated with a traumatic event					