

Emotions & Needs: What Our Feelings Are Trying to Tell Us



Emotion	What It's Communicating	What We May Need
Sadness	"I've lost something important" or "I need connection."	Comfort, empathy, time to reflect, closeness, rest.
Anger	"Something feels unfair" or "My boundaries have been crossed."	Validation, safety, respect, space, a sense of control.
Anxiety	"Something feels uncertain or unsafe."	Reassurance, predictability, safety, support, grounding.
Guilt	"I acted outside my values."	Forgiveness, accountability, repair, self-acceptance.
Shame	"I feel unworthy or not enough."	Compassion, belonging, understanding, unconditional care.
Joy	"My needs are being met."	Connection, gratitude, shared celebration, presence.