

## Transforming the Pain of Unmet Needs to the Beauty of Needs

1. Acknowledge and write down the stimulus, the neutral observation that you are responding to. Be specific and concrete, describing the precise stimulus for your feelings.
2. **Transform the jackal.**
  - a. **recognition/naming** the thought or message. Write down the jackal thoughts (reactions, judgments)
  - b. **embracing** or **"enjoying the jackal show"**. Allow any reactions, judgments, anger, etc. to come into your awareness, and express it to yourself silently or out loud
  - c. **differentiation** observation from jackal thinking. You can use a phrase like, "I am telling myself (...the jackal message.) Go through this process with each message until you experience a separation or distance from any reaction.
3. Self-empathy around feelings and needs.
  - a. What are your unmet needs related to the stimulus?
  - b. What feelings do you have around the unmet needs?
  - c. Take your time, slow down, and be with the feelings of pain and unmet needs.
4. Stay with steps b and c until you have given yourself sufficient empathy. Allow yourself to "be with" the feelings of pain of your unmet needs. This is **the mourning/grieving stage**.
5. Stay in the mourning stage until you have felt a shift in your feelings. You will usually feel some relief and/or relaxing of feeling.
7. Very often what can occur at this stage is a re-stimulation of jackal thinking. If this happens, empathize with the feelings and needs behind this jackal and go back to mourning, or "being with" feelings and needs.
8. Now focus on the **beauty of the need**. Not the unmet need, but the "beauty of the need." Sense/feel the positive value, the inherent vision of why this need is important to you. Allow yourself to immerse your awareness on this aspect.
9. While in the energy of the beauty of the need, bring the original stimulus into your awareness.
10. Notice any request you may have of yourself. What action(s), internal or external do you want to take to meet any need(s) that is/are present.
11. This entire process is not a linear, but rather a dynamic, organic process. You will probably move from one dimension to another, staying focused on what is alive.
12. The three qualities that come from this process are: CLARITY, COMPASSION for self, and EMPOWERMENT to move forward in deep self connection and meeting needs.

# Worksheet

<p><b>1. Stimulus/observation</b> <i>(write out)</i></p>	Stimulus:
<p><b>2. Jackal thoughts</b></p> <p>a. <i>Write the thought</i></p> <p>b. <i>Say aloud with energy!</i></p> <p>c. <i>"I'm telling myself... "</i></p> <p><b>3. Review the original stimulus</b></p>	Jackal thoughts:
<p><b>4. Self empathize</b></p> <p>a. <i>Consider stimulus</i></p> <p>b. <i>Name and be with the unmet needs from stimulus</i></p> <p>c. <i>Name and be with the feelings around the unmet needs</i></p> <p>d. <i>Stay here until you feel a shift towards relaxed, relief.</i></p> <p>This is the <b>Mourning</b> stage.</p>	Unmet needs:  Feelings around unmet needs:

<p><b>5. Experience the beauty of the need.</b></p> <p><i>Describe your experience of the beauty of the unmet need; if trouble, remember a time when the need was met, how wonderful that felt.</i></p>	<p>Beauty of the Need:</p>
<p><b>6.. Bring beauty of needs awareness to original stimulus.</b></p> <p>Notice and write down if any feelings or needs come alive.</p> <p>(If applicable, make any request related to those feelings and needs.)</p>	<p>Needs:</p> <p>Feelings:</p> <p>Request:</p>