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SELFTIMEOUT NEEDING WORDS LIST

I can choose to listen in a mildly focused way to my body, and become consciously aware when I am hungry or thirsty or that it is time to relieve myself. We all do this so well and so often that we are not aware of solving these daily problems. We know what to do without thought.

Look at all that success! Every day! Time to Celebrate!

We have a **FEELING**, that suggests a **NEEDING**. The next step, **to have a PLAN**, emerges with the ease of taking one additional step.

1. ***I am aware of FEELING TIRED.***
2. ***It occurs to me that I AM NEEDING SLEEP.***
3. ***I CAN CHOOSE TO LIE DOWN FOR A NAP.***

Yet when it is time to make a simple plan to take care of ourselves in social situations we often become locked in worry, anxiety or even panic. Most of us are accustomed to using very few words to express just what we **FEEL, or NEED even to ourselves**. Often, **simply trying** to say what we **FEEL or NEED** to ourselves let alone to someone else can become one of our most anxiety producing situations. It is as if we are **not allowed to know what we feel and need, and that we are not allowed to have better outcomes**. We are not allowed to listen to our own Body.

Making progress on the first, second and third steps above, awaits our efforts to improve our gentle self care. Sometimes choosing to act on Impulse leads to consequences that can help us notice our hardness toward ourselves. Once we **NOTICE** the hardness or cruelty toward ourselves we can **INTERRUPT** that hardness and **REPLACE** it with gentle and loving self care. Soon we will begin to experience a flow of helpful information from our Body to our Thinking Parts. Becoming a Gentle Self Parent is the key to better communication with our body and better outcomes for our whole being.

If I am able to know and express what I am FEELING to myself, I will soon know what I am NEEDING, and soon I will know my PLAN. When my plans come from my physical feelings and from my physical needs my life will feel more **SENSIBLE. Of my own BODY.**

When the next thing I choose to do comes from my worry and anxiety I will be making **IMPULSIVE CHOICES. CHOICES Of my Impulses not of my own body**. When I do this I am throwing the dice with my impulses and leading myself into a future that has abandoned my body and the wisdom of all my physical Senses. I am choosing consequences based upon my Impulses! Worry increases. Anxiety increases. I am heading toward increasing isolation from my physical wisdom, more impulsive choices, escalating anxiety and isolation. Lacking Five Step Self Time Outs as needed and the choice to listening more effectively to my Own Body, I am likely heading toward increasing anxiety and eventually panic.

When I know what I am FEELING and NEEDING, my PLANS will arise from my own body almost without effort. I feel that I understand what I am doing. My plans work well and if a plan does not work so great, perhaps I will listen a bit more gently and openly and understand my FEELINGS AND NEEDS better and make a better PLAN the next time I go through the Five Steps. Over the years I can become the only expert in the world in understanding my own Body.

So we can choose to have more FEELING words and to use more FEELING words, and have more NEEDING words and use more NEEDING words so we can understand our FEELINGS, NEEDS and PLANS more completely!

Look at all that success! Every day! Time to Celebrate!

Please check out our free website for a step-by-step tour through a Five Step Self Time Out: <http://www.selftimeout.org>

SELFTIMEOUT “NEEDING” WORD LIST

When a top row (Major Needing Word) seems close to what your **Body IS Needing**, go down that column (or any column or row) to see which words fit even better. More than one NEED is very OK.

NEED (Alphabetical)	RESPECT	TO BE LISTENED TO	BOUNDARIES	SELF CARE	HEALTH
a counselor		a counselor			
a doctor					a doctor
a resolution			a resolution		
acceptance	acceptance				
action				action	
advise		advise			
affection				affection	
an apology			an apology		
appreciation				appreciation	
approval				approval	
assurance		assurance			
attachment				attachment	
attention	attention				
attitude				attitude	
autonomy			autonomy		
calmness				calmness	
care				care	
certainty				certainty	
cheerfulness				cheerfulness	
clear boundaries	clear boundaries				
clothing					clothing
collaboration		collaboration			
comfort				comfort	
companionship		companionship			
compassion		compassion			
composure					composure
confidence				confidence	
consistency			consistency		
consolation	consolation				
constancy			constancy		
contentment				contentment	
conversation		conversation			
courage	courage				
creativity				creativity	
credibility			credibility		

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NEED (Alphabetical)	RESPECT	TO BE LISTENED TO	BOUNDARIES	SELF CARE	HEALTH
decisiveness	decisiveness				
dependability			dependability		
desirability				desirability	
detachment			detachment		
determination	determination				
distance			distance		
empowerment				empowerment	
encouragement		encouragement			
energy					energy
enthusiasm				enthusiasm	
ethics	ethics				
exercise					exercise
fairness			fairness		
faith				faith	
faithfulness		faithfulness			
food					food
forgiveness				forgiveness	
forthrightness			forthrightness		
frankness			frankness		
freedom			freedom		
friendship		friendship			
gentleness	gentleness				
gratitude	gratitude				
grounding					grounding
happiness				happiness	
healing				healing	
heat					heat
help			help		
hesitation	hesitation				
hopefulness				hopefulness	
humility			humility		
independence			independence		
information		information			
inspiration				inspiration	
involvement				involvement	
justice	justice				
less pressure		less pressure			
liberation	liberation				

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NEED (Alphabetical)	RESPECT	TO BE LISTENED TO	BOUNDARIES	SELF CARE	HEALTH
love				love	
loyalty	loyalty				
mediation			mediation		
medicine					medicine
moderation					moderation
modesty				modesty	
morality				morality	
motivation					motivation
movement					movement
nurturing		nurturing			
options		options			
organization				organization	
ownership			ownership		
patience				patience	
peacefulness				peacefulness	
permission			permission		
playfulness		playfulness			
poise			poise		
praise		praise			
predictability			predictability		
pride				pride	
protection			protection		
quiet		quiet			
readiness				readiness	
reassurance		reassurance			
relaxation					relaxation
released			released		
relief					relief
resolve		resolve			
resourcefulness				resourcefulness	
respect				respect	
respect for my boundaries		respect for my boundaries			
rest					rest
restraint				restraint	
room	room				
routine					routine
rules	rules				

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NEED (Alphabetical)	RESPECT	TO BE LISTENED TO	BOUNDARIES	SELF CARE	HEALTH
safety			safety		
self containment				self containment	
self control				self control	
self forgiveness				self forgiveness	
self possession				self possession	
self support				self support	
self worth				self worth	
sensuality					sensuality
serenity				serenity	
shelter					shelter
simplicity				simplicity	
sincerity				sincerity	
sleep					sleep
space			space		
straightforwardness			straightforwardness		
strength					strength
structure				structure	
support		support			
sympathy		sympathy			
thoughtfulness	thoughtfulness				
tired					tired
to be heard	to be heard				
to contemplate				to contemplate	
to reflect				to reflect	
toleration			toleration		
tranquility				tranquility	
truthfulness	truthfulness				
understanding		understanding			
uplifted		uplifted			
usefulness				usefulness	
validation		validation			
vindication	vindication				
volition				volition	
warmth					warmth
wisdom		wisdom			
worthiness				worthiness	