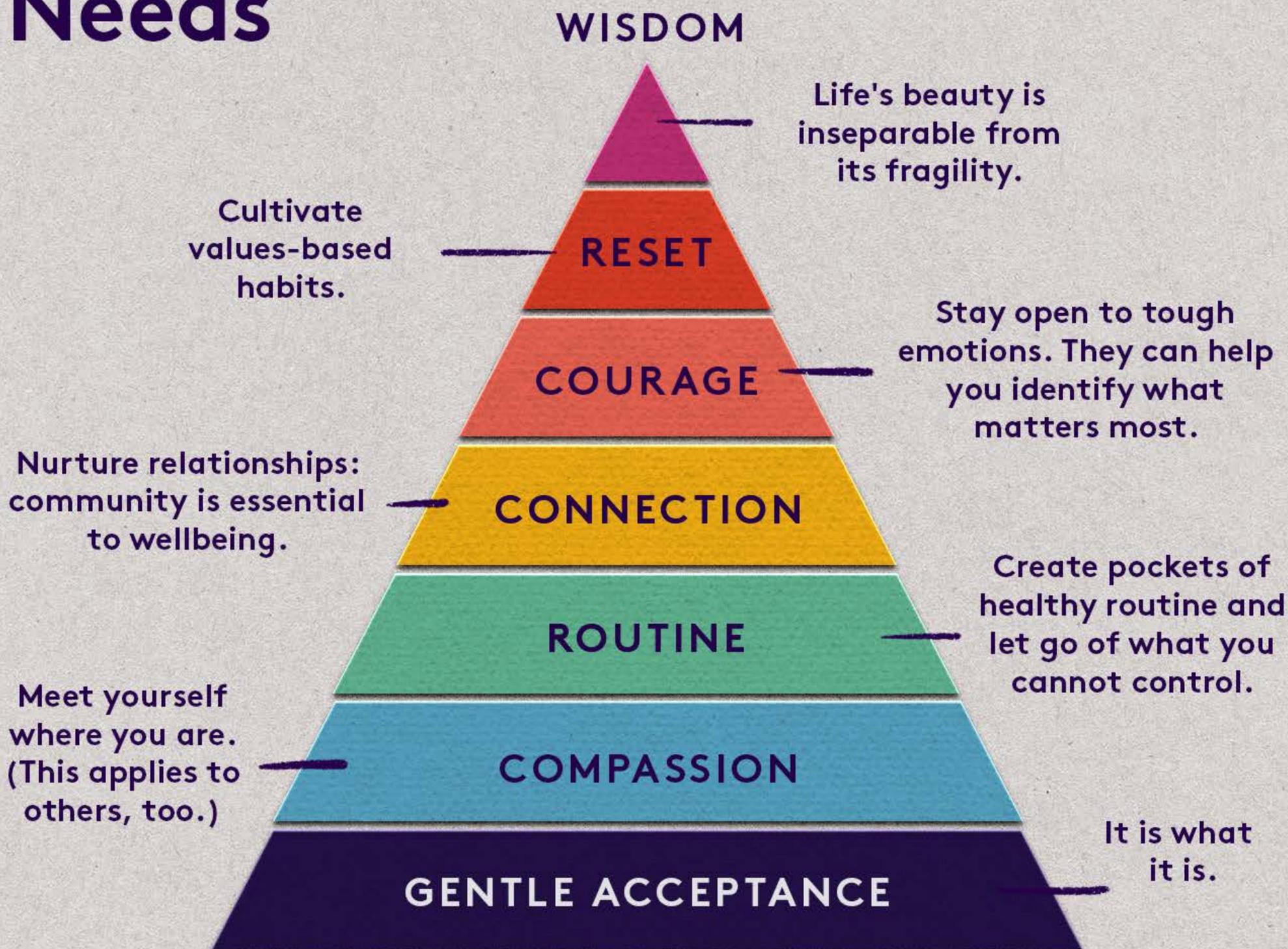


# Emotional Pyramid of Needs



# Emotional Pyramid of Needs



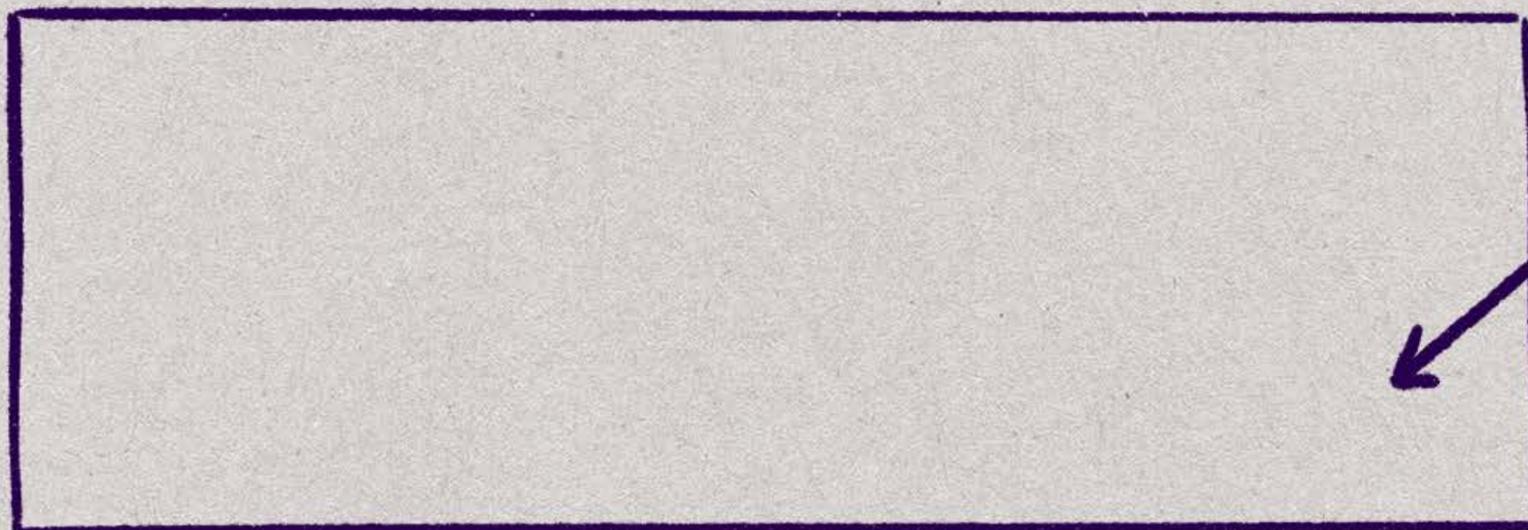
# **GENTLE ACCEPTANCE**

**We cannot control every situation.  
There is no value in struggling to  
suppress uncomfortable emotions:  
this only makes us feel worse.**

**Acceptance is the prerequisite  
for change.**

# Your Turn:

Think of a situation in your life in which you feel stuck:

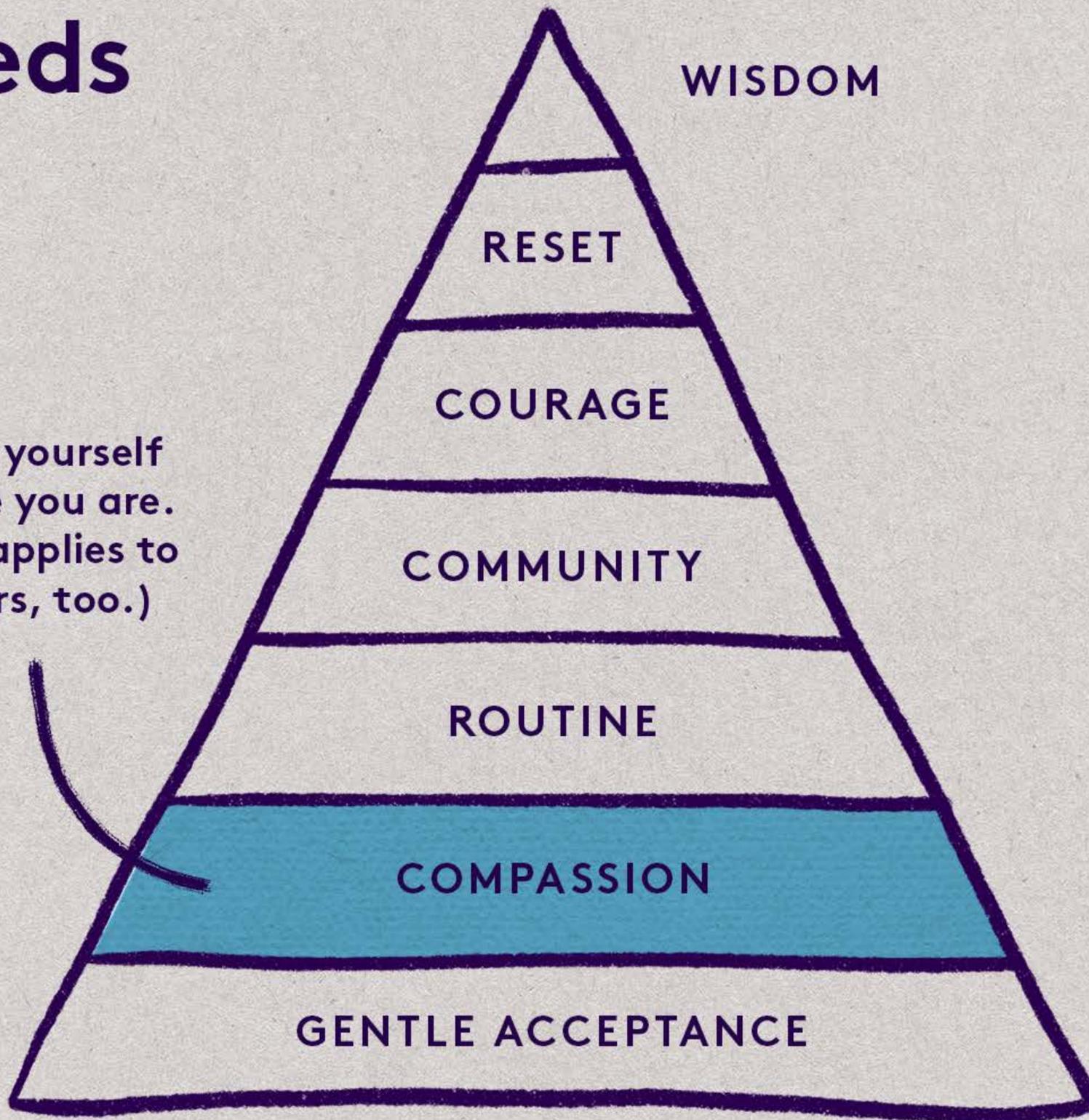


Which parts of this situation can you change?  
Which parts are outside of your control?



# Emotional Pyramid of Needs

Meet yourself where you are.  
(This applies to others, too.)



# COMPASSION

**Be kind to yourself and others.  
Cultivate compassion,  
forgiveness, flexibility, and  
non-judgment in your life.**

**Compassion gives us the  
freedom to redefine ourselves,  
fail, and take the risks that  
allow us to be truly creative.**

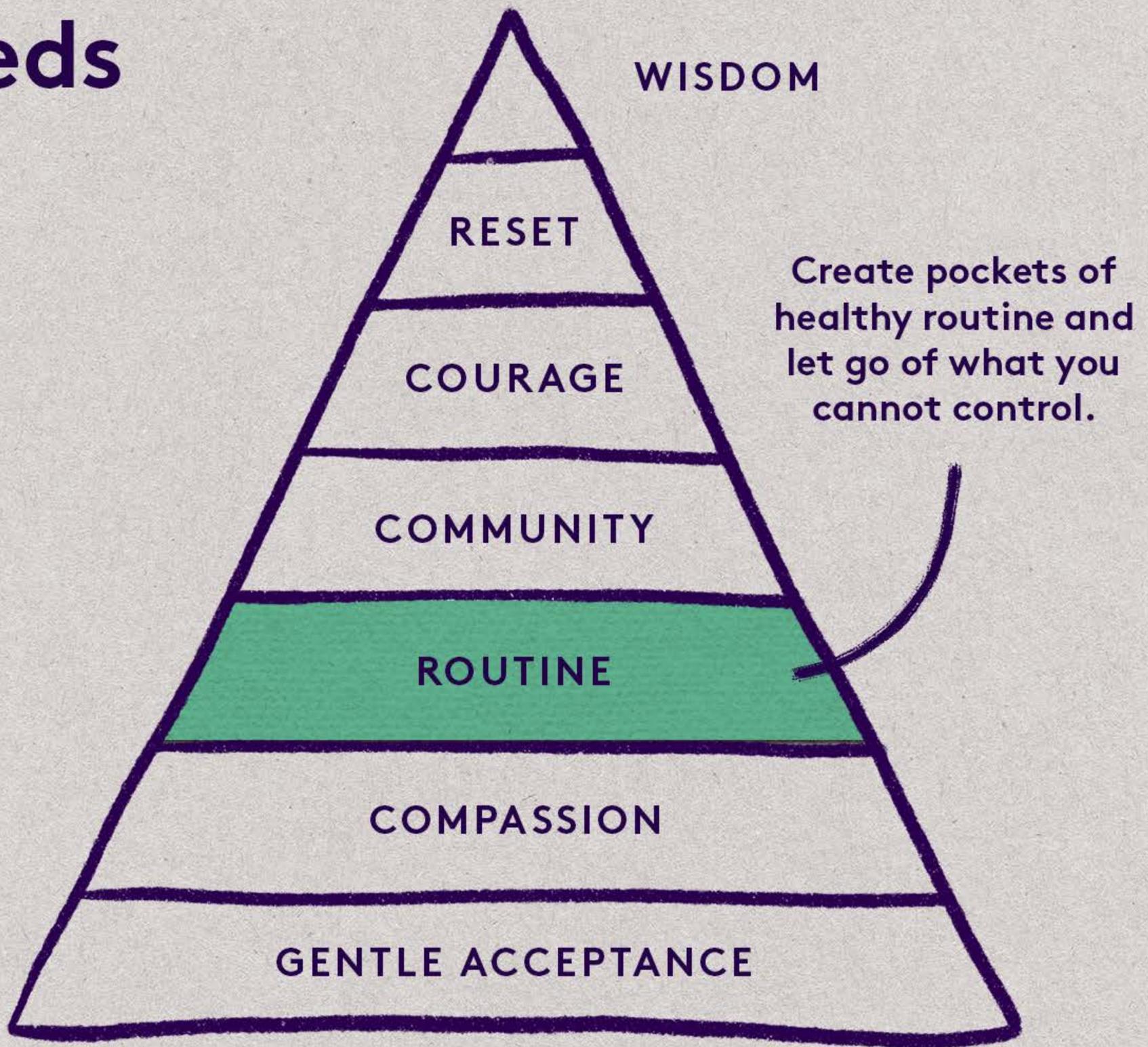
# Your Turn:

Think of a challenging situation that feels clouded by judgment.



Grant yourself (and others) permission to be imperfect, make mistakes, and to feel however you feel.

# Emotional Pyramid of Needs



# ROUTINE

**Human beings need routine to maintain a sense of order.**

**Healthy routines are essential, specifically those associated with sleep, exercise, and eating.**

**Our bodies and minds are so interconnected that our physical health often reflects our psychological state.**

# Your Turn:

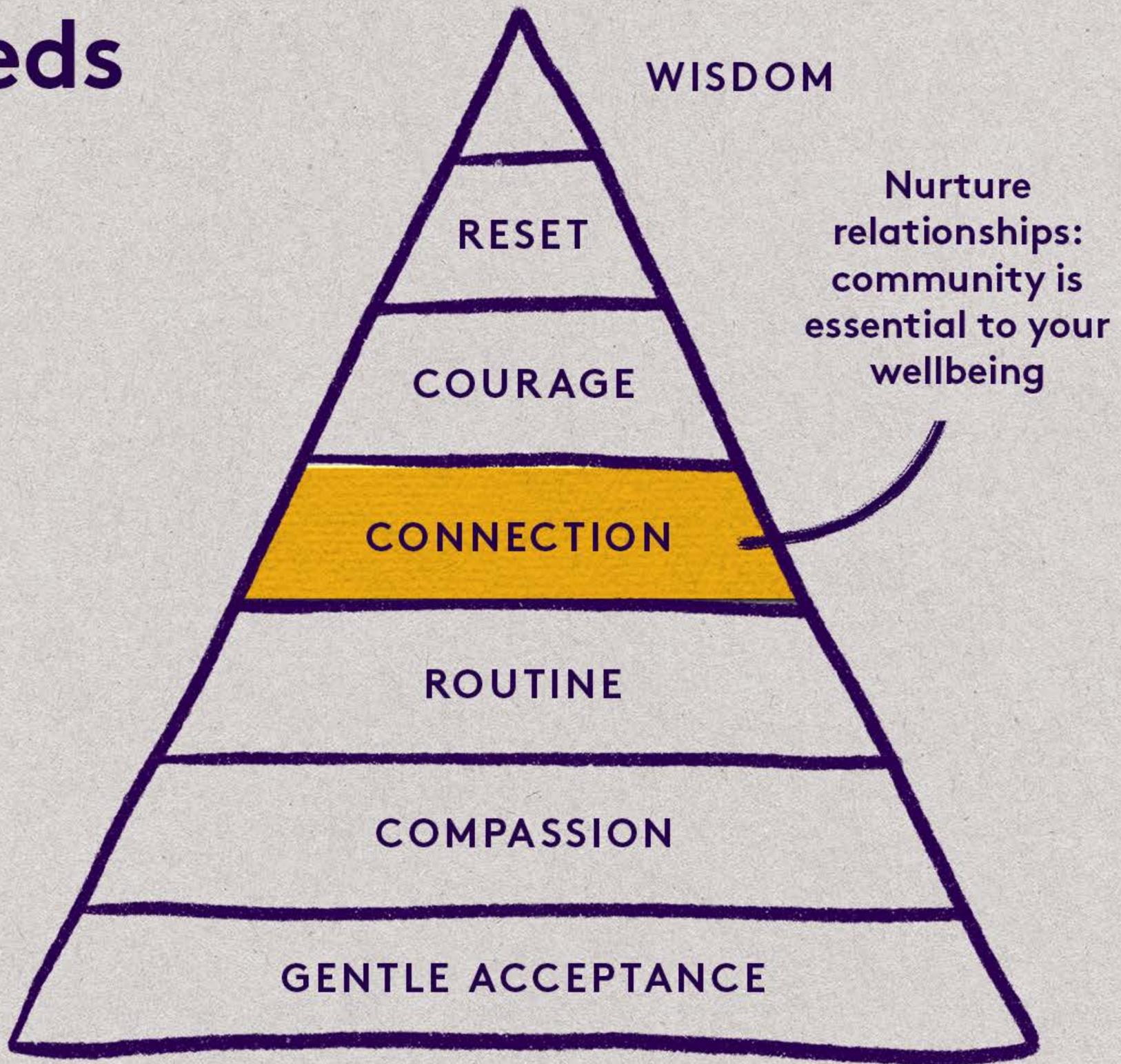
Identify an area of your life that could benefit from a change. What is a new values-aligned habit you would like to build?



Use the "piggyback principle" to incorporate this into your life. Which currently-existing habit could you link your new habit to?



# Emotional Pyramid of Needs



# CONNECTION

**Connection is essential to our wellbeing.**

**Find ways to nourish your relationships regardless of whether you can be in someone's physical presence or not.**

# Your Turn:

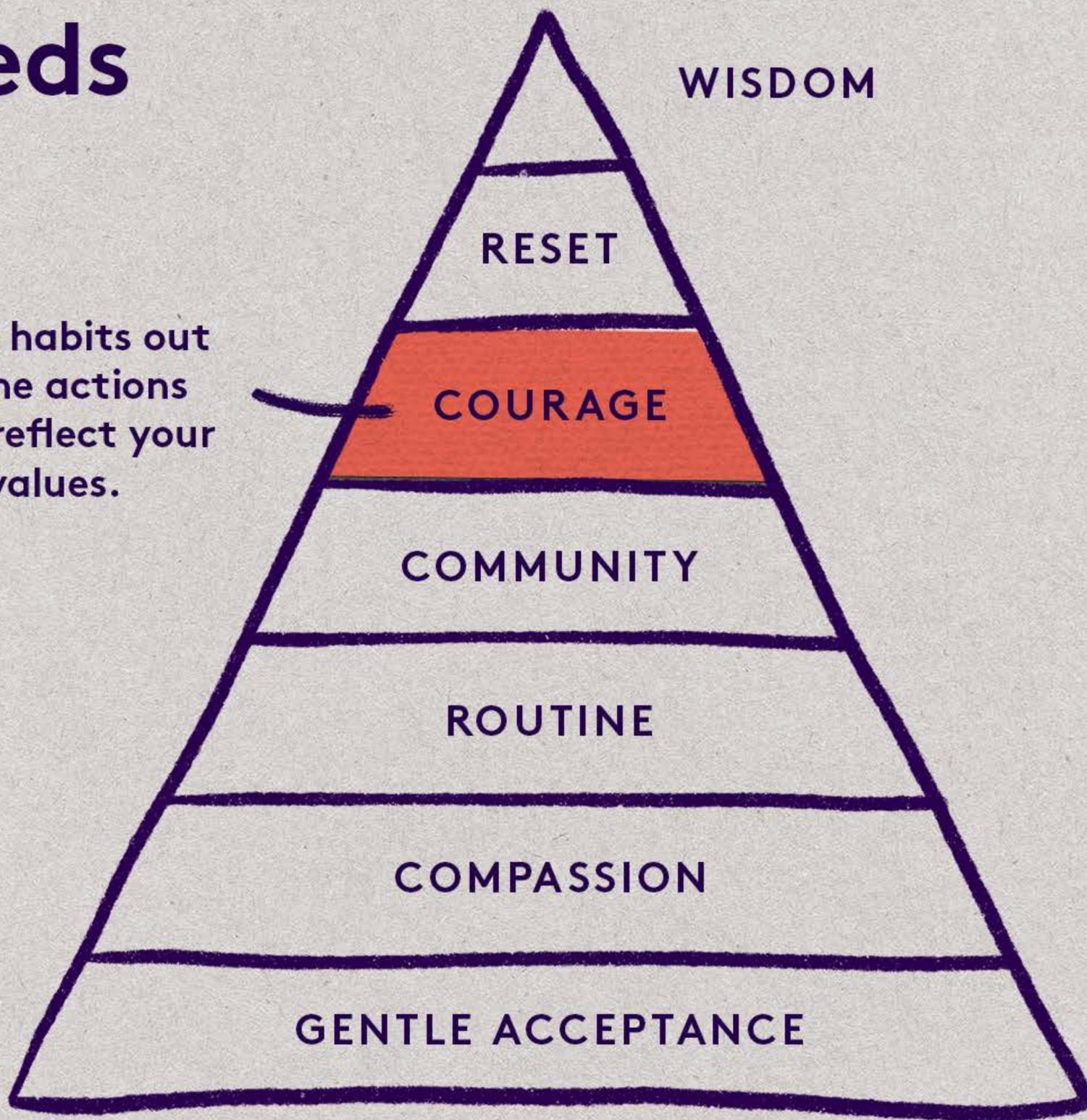
Reach out. Whether it's calling an old friend or attending an event, find ways to connect with your community.

Name one way you plan to connect with someone today.

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# Emotional Pyramid of Needs

Make habits out of the actions that reflect your values.



# COURAGE

**The willingness to accept and learn from our emotions is courageous.**

**Our emotions are signposts that can point us in the direction of what matters most, allowing us to take values-aligned action.**

# Your Turn:

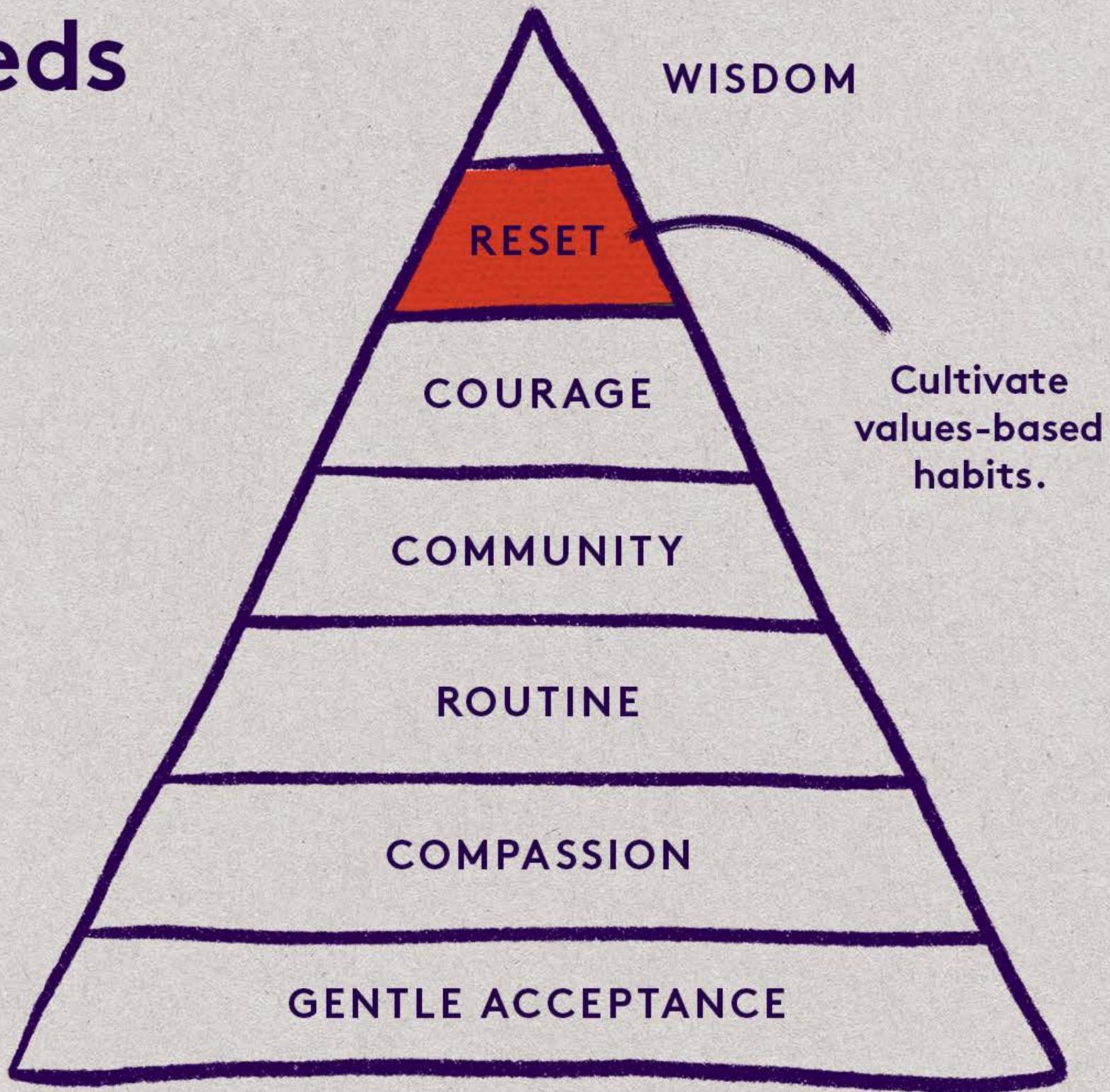
Approach a tough emotion with the bravery to learn from it. Which value is being threatened?



What is one action you could take that would allow you to nurture this value?



# Emotional Pyramid of Needs



# RESET

**After redefining your values and priorities, your current way of being may no longer feel right.**

**Pay attention to what you learn about yourself during this process and let this information guide you forward.**

# Your Turn:

Which priorities or old, outgrown ideas  
can you let go of now?



# Emotional Pyramid of Needs



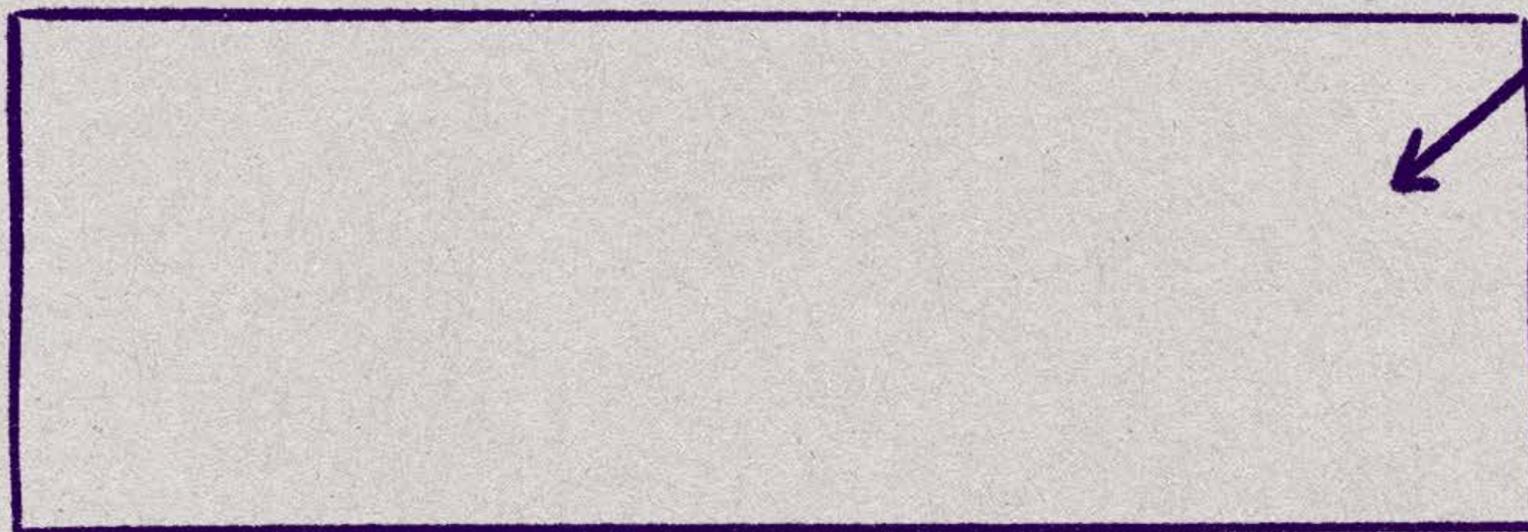
# WISDOM

**The only certainty in life is uncertainty. We are young until we are not; healthy until a diagnosis brings us to our knees.**

**Courage is not the absence of fear; courage is fear walking.**

# Your Turn:

Make room in your heart for both the joy and the pain of living. What is a source of joy for you right now?



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What is a source of pain?



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