

# Pyramid of Emotional Needs





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# **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:

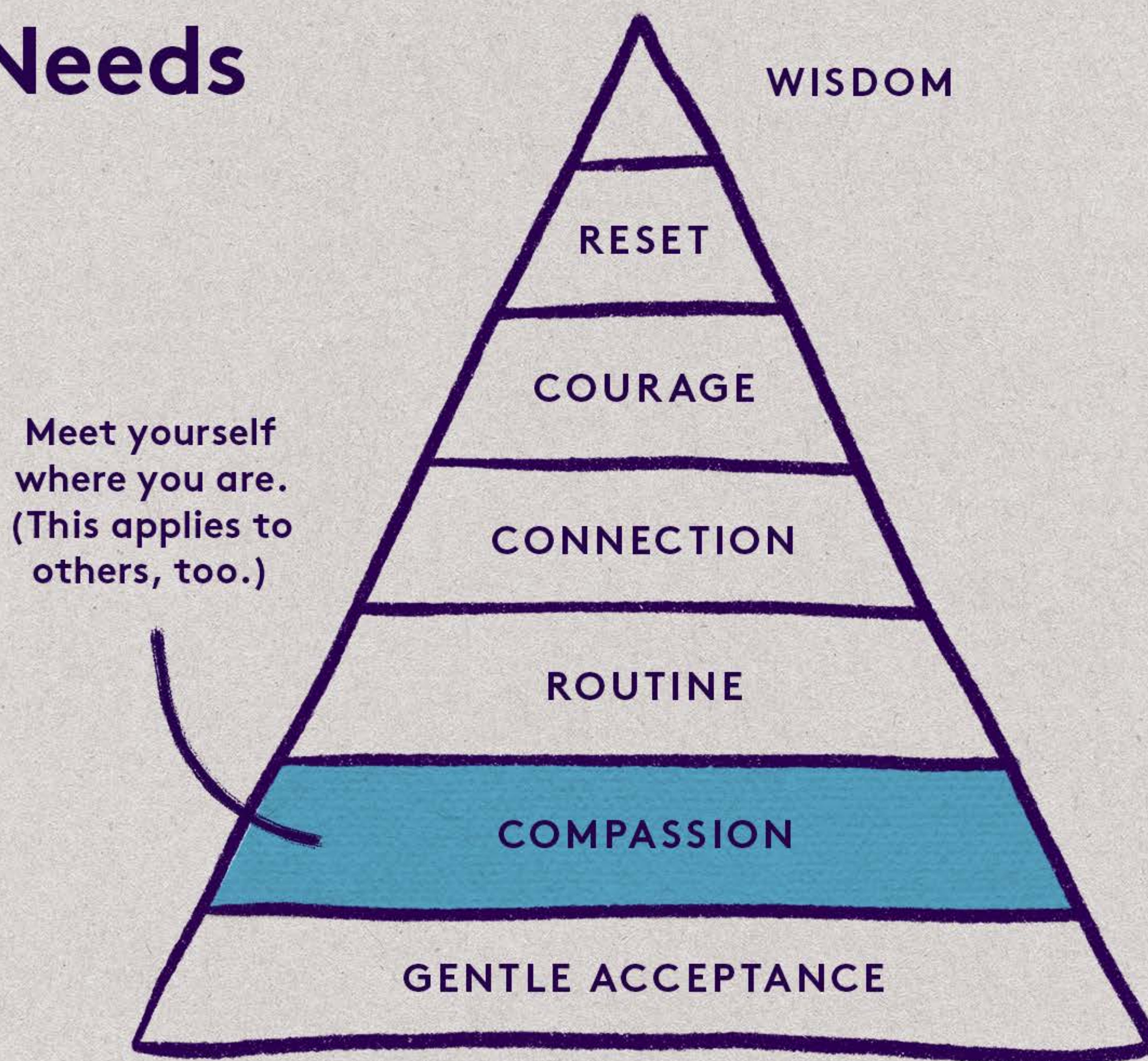


Which parts of this situation can you change?  
Which parts are outside of your control?





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# 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:

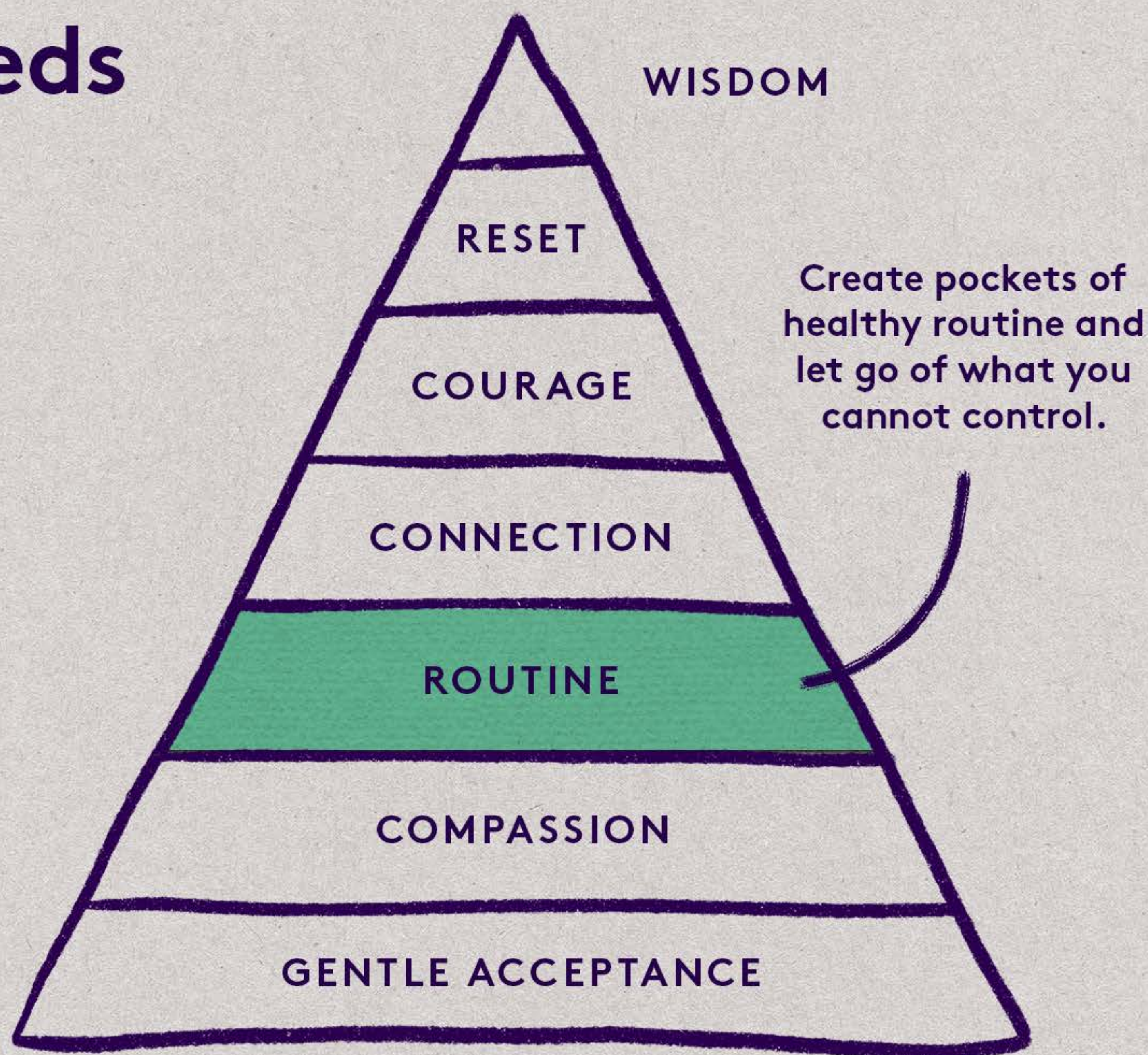
Think of a challenging situation that feels clouded by judgment.

A large, empty rectangular box with a hand-drawn purple border, intended for writing a challenging situation. A curved purple arrow points from the text above into the box.

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



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# 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?





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# CONNECTION

**Connection is essential to our wellbeing.**

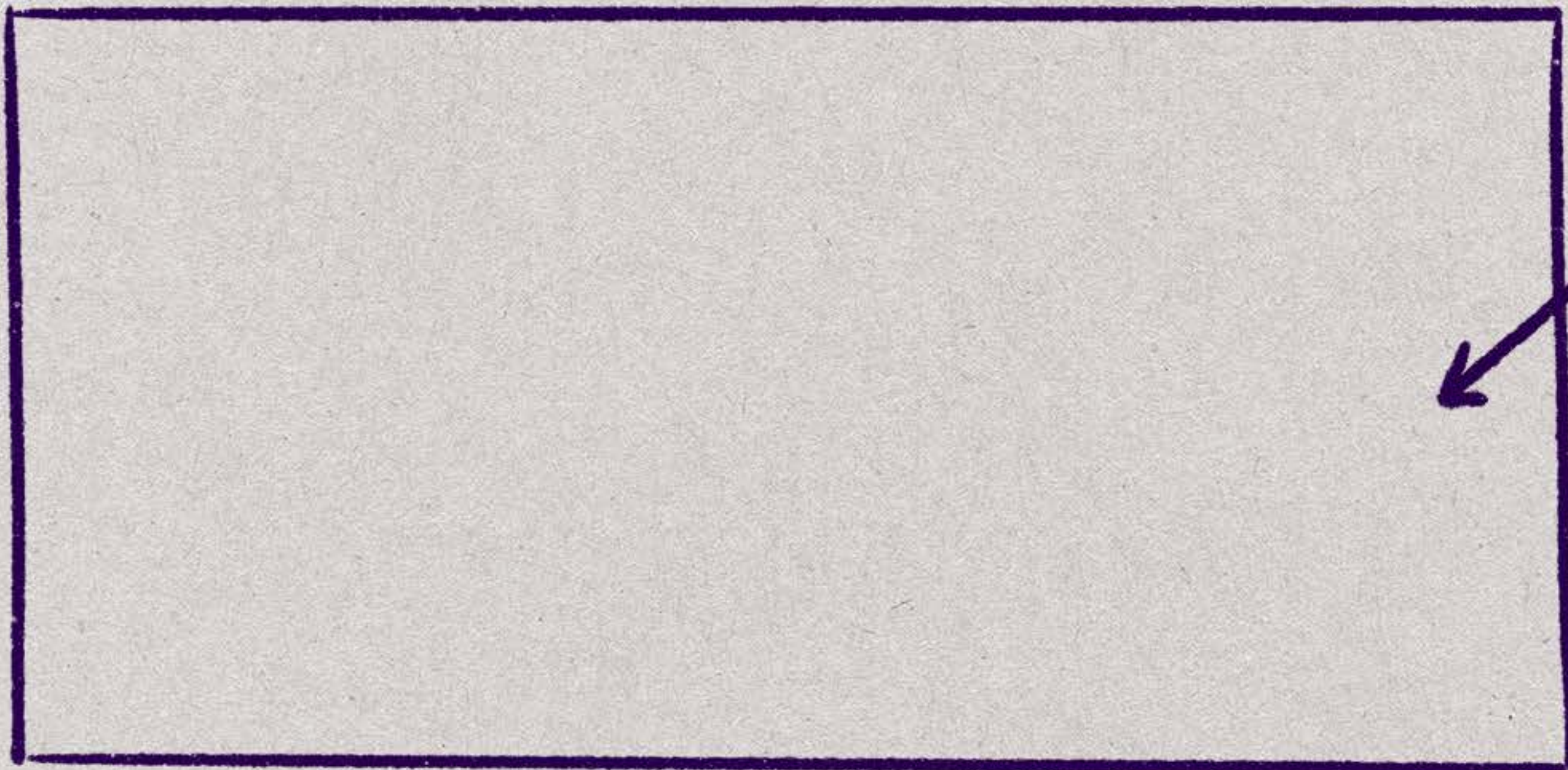
**Find ways to nourish your relationships regardless of whether you can be in someone's physical presence or not.**



# Your Turn:

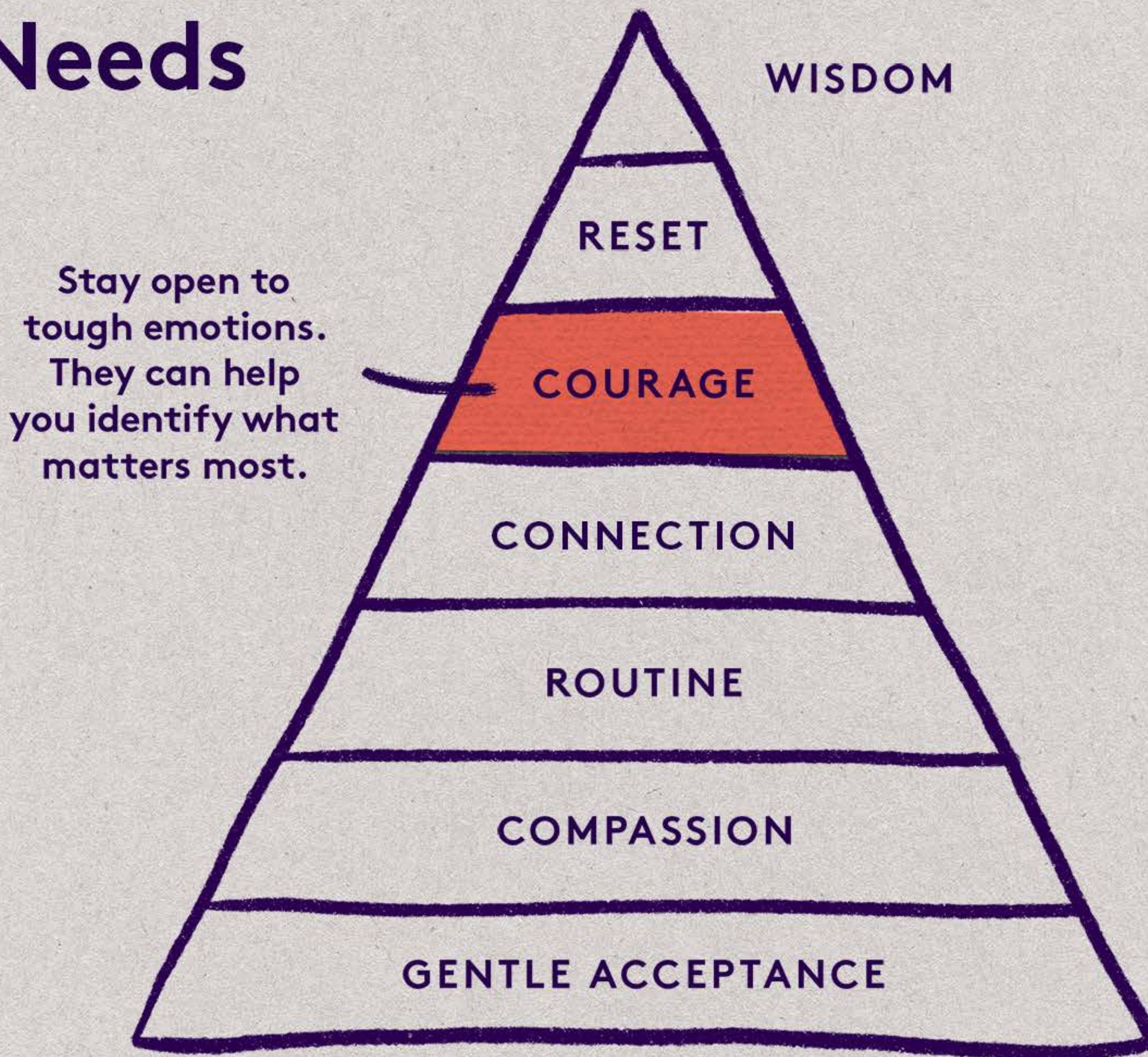
Reach out. Whether it's calling an old friend or attending an event, find ways to connect with your community.

Name one way you plan to connect with someone today.

A large, empty rectangular box with a black border, intended for writing a response. A curved black arrow originates from the text 'Name one way you plan to connect with someone today.' and points directly into the box.



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# 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?

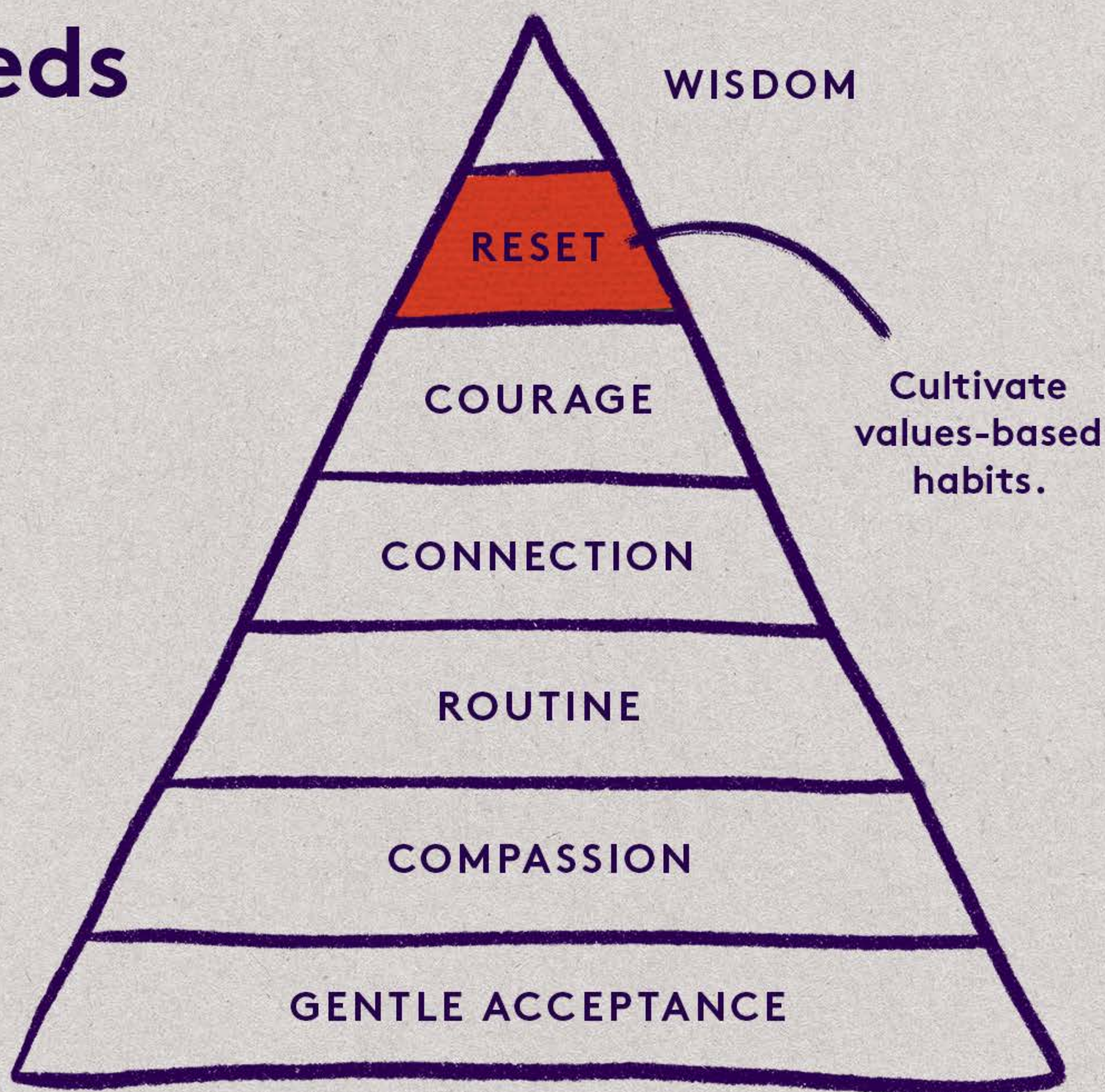


What is one action you could take that would allow you to nurture this value?





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# 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.**



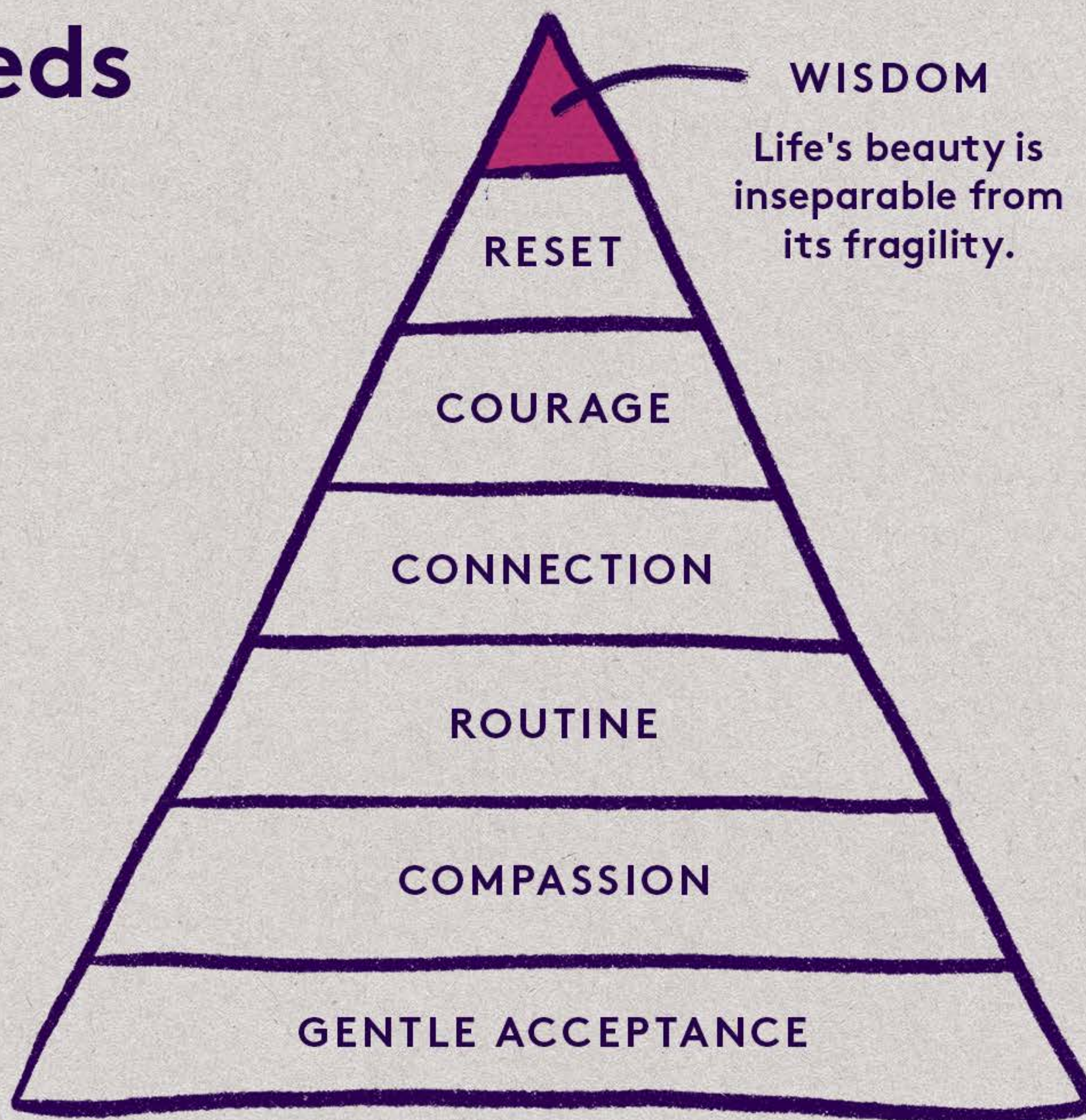
# Your Turn:

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

A large, empty rectangular box with a black border, intended for a user to write their response to the question above. A curved black arrow originates from the text 'Which priorities or old, outgrown ideas can you let go of now?' and points towards the right side of the box.



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# 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?



What is a source of pain?

