

Three steps to communicate needs/wants

[Use with Anger Iceberg](#)

First step is to identify emotions,

Second step is to trace their origins,

Third step is to invite God in the healing process and find ways to refuel/rest

Practical/actionable step is to say or write out the below.

"I am _____ because of _____, and I need to/may I _____."

Below is a table format with possible answers for each blank:

Emotion	Reason for Emotion	Ways to Refuel or Rest (first most before all things pray and turn it over to God, invite Him in the process of healing)
Frustrated	Unmet expectations	Take a walk, engage in a creative activity
Overwhelmed	Excessive workload	Delegate tasks, practice meditation
Anxious	Upcoming deadlines	Organize tasks, practice relaxation techniques
Disappointed	Failed personal goal	Reflect on learnings, spend time with loved ones

Hurt	Misunderstanding with a friend	Communicate feelings, engage in self-care
Angry	Perceived injustice	Write in a journal, partake in sports
Sad	Loss of a loved one	Seek support, engage in reflective writing
Confused	Unclear direction in life	Seek advice, engage in planning and goal setting
Jealous	Comparing self to others	Focus on personal growth, practice gratitude
Insecure	Self-doubt or criticism	Affirmations, seek constructive feedback
Hopeless	Pervasive negativity or depression	Consult a therapist, connect with a support group (Find community) do not isolate