# *Get Well Soon* Emotional Needs Worksheet

 \_\_ I need better emotional health overall.

 \_\_ I need healing from depression.

 \_\_ I need healing from grief.

 \_\_ I need healing from anxiety.

 \_\_ I need healing from anger or rage.

 \_\_ I need healing from paranoia or schizophrenia.

 \_\_ I need healing from fear or worry.

 \_\_ I need healing from jealousy.

 \_\_ I need healing from hate.

 \_\_ I need healing from prejudices.

 \_\_ I need healing from guilt and regret.

 \_\_ I need healing from distrust.

 \_\_ I need healing from shame.

 \_\_ I need healing from disappointment.

 \_\_ I need healing from constant discouragement.

 \_\_ I need healing from hopelessness and despair.

 \_\_ I need healing from previous memories.

 \_\_ I need healing from pride.

 \_\_ I need healing from loneliness.

 \_\_ I need healing from disorganization and lack of focus.

 \_\_ I need healing from discontentment.

 \_\_ I need healing from greed.

 \_\_ I need healing from being imprudent and unwise.

 \_\_ I need healing from control and domination.

 \_\_ I need healing from inferiority and insecurity.

 \_\_ I need healing from self-loathing.