# *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.