



nrn.

NURTURE NEUROSCIENCE

emotion & needs inquiry for parents

introduction:

This is an exercise to help you build your emotional intelligence.

It works to increase self-awareness, build self-regulation skills and connect you to your needs. The process creates resilience, mental wellness and balance in your nervous system.

→ Often when we feel big emotions there are important needs underlying those big emotions. When we can make a plan to meet those needs we can create more wellness for ourselves.

Follow the steps in this workbook to examine how you're feeling, what you're needing and how you might meet those needs. Through this process you will begin to rewire your brain. Over time you will create changes so that your brain learns to go through this process intuitively.

There are three parts to the exercise.

1

feelings inquiry

A Feelings Inquiry to practice recognizing your internal states and emotional language.

2

Needs inquiry

A Needs Inquiry to learn what needs might be underlying your internal states.

3

Nurture inquiry

A Nurture Inquiry to help you make a plan to meet your needs.

* Use the worksheet on page 11 to help facilitate your process *

1 feelings inquiry

There are two sets of feelings in the feelings inquiry that help build self awareness and self regulation.

(a) **Feelings we may have when our needs ARE being met.** When you identify how you feel you can boost your wellbeing and rewire your brain towards resilience.

(b) **Feelings we may have when our needs ARE NOT being met.** When you identify how you feel you can self-regulate and communicate your feelings to others.

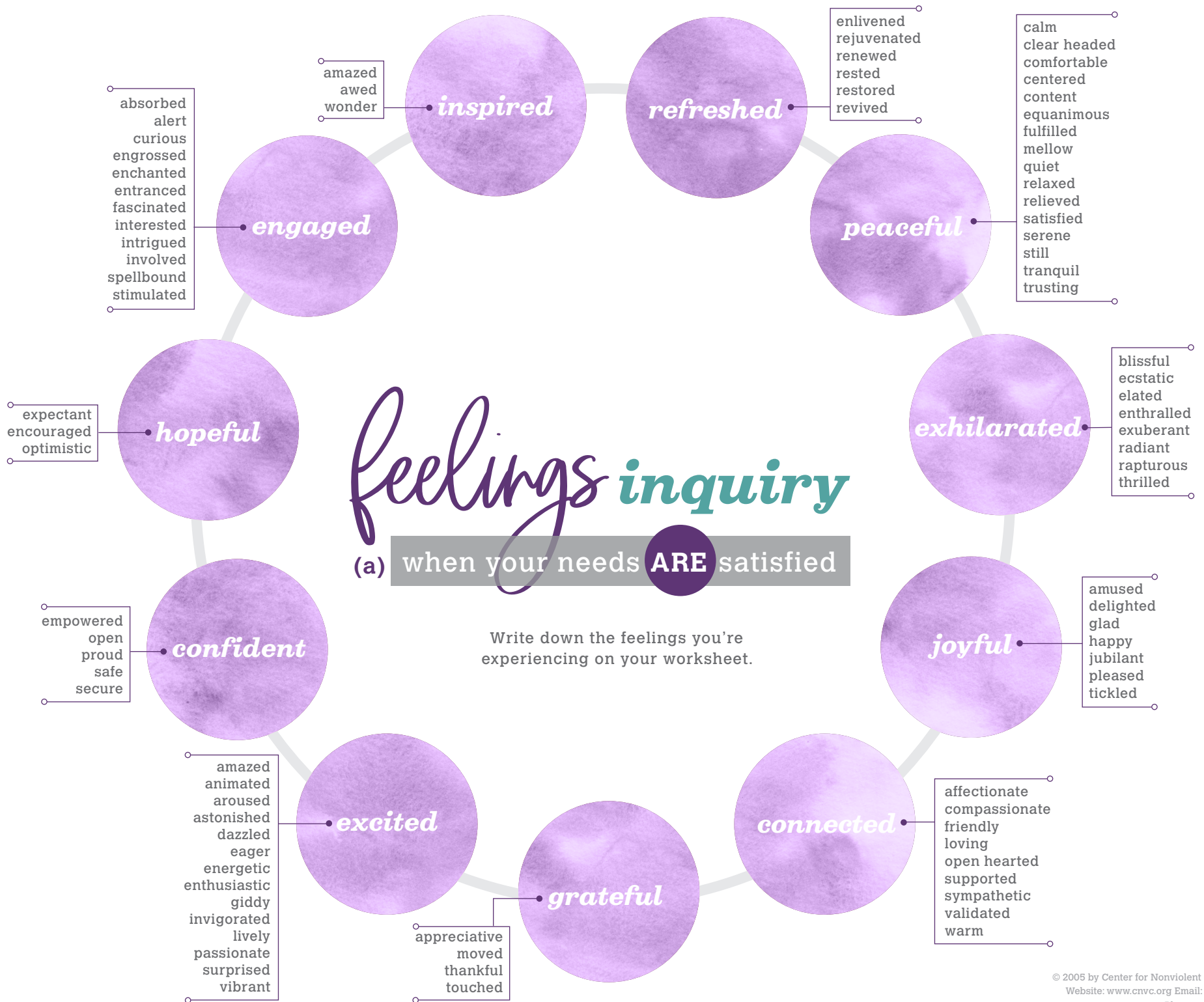
When you model awareness for your feelings you teach your children an emotional vocabulary to wire their brains towards self awareness and self-regulation.

Whenever you notice you are having a strong emotion or physical sensation, look at the feelings inquiry and write down how you feel.



Brain bonus

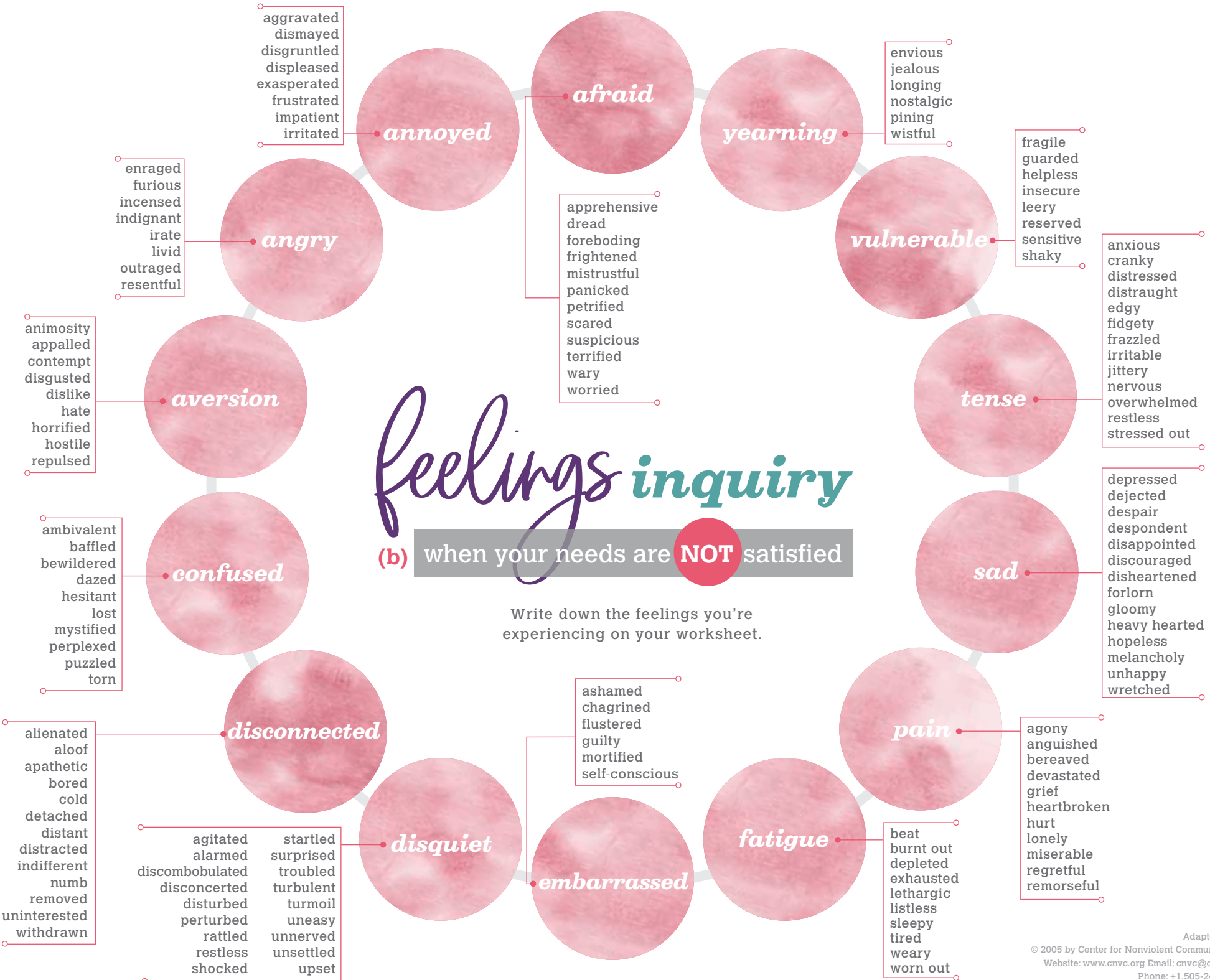
An inquiry into your feelings is regulating to your brain. When you identify feelings when your needs **ARE** met, it shapes your amygdala – the fear center – to be more resilient. When you identify feelings when your needs **ARE NOT** met – it is regulating as it engages your prefrontal cortex to communicate with your amygdala.



feelings inquiry

(b) when your needs are **NOT** satisfied

Write down the feelings you're experiencing on your worksheet.



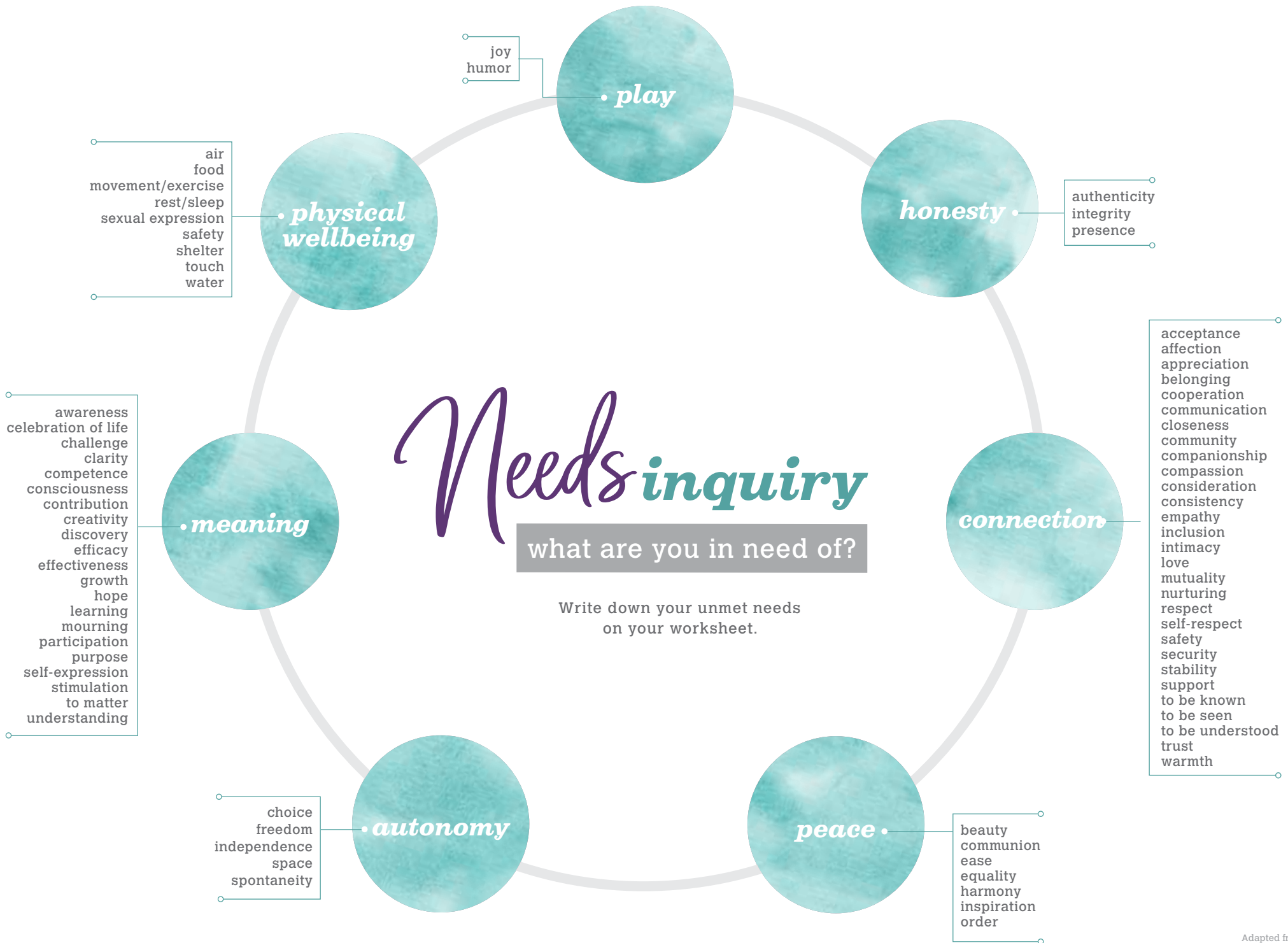
Needs ² inquiry

The feelings we have when our needs are not met, are important information about what we might be needing. Use this list to identify what you might be needing.



Brain bonus

An inquiry into your needs is also regulating to link your prefrontal cortex to your amygdala and to regulate your hypothalamus.



Nurture ³ inquiry

Now that you've inquired about your feelings and any underlying needs. Use the following questions to inquire how you might move forward by meeting your needs and perhaps shifting your feelings.




Brain bonus

An inquiry into how to meet your needs to influence your feelings, is regulating to your brain as it calms stress signals from your hypothalamus and strengthens social brain circuits.

Nurture *inquiry*

Answer these
questions on your
worksheet.

- q1) What are my top unmet needs?
 - q2) Can I meet these needs on my own?
 - q3) If yes, how will I meet my needs?
 - q4) If no, who can I trust to help meet my needs?
 - q5) How can I get support to meet my needs?
- 

emotions exploration

Worksheet

- What is bringing you to this exercise today?

- Is there something happening right now that is bringing up strong emotions?

Write down what you're experiencing in each category to further investigate what you are in need of. You have the option of saying it out loud to someone or yourself, or even journal it. When you do, you're activating your prefrontal-cortex (thinking brain) to quiet your amygdala (fear brain) and in doing so, communicating these emotions, in words or by writing them down is an act of self-regulation.

feelings inquiry

(a) when your needs **ARE** satisfied

feelings inquiry

(b) when your needs are **NOT** satisfied



Needs inquiry

what are you in need of?

Nurture inquiry

- q1) What are my top unmet needs? _____
- q2) Can I meet these needs on my own? _____
- q3) If yes, how will I meet my needs? _____
- q4) If no, who can I trust to help meet my needs? _____
- q5) How can I get support to meet my needs? _____

a path towards healing:

Now you know that when you're feeling a strong emotion, there is often an unmet need under the surface.

Identifying these feelings is the first step in making a plan to meet those needs and to feel more in balance and regulated

→ While things may not change overnight, the process of identifying emotions and using it as your guide to fulfill unmet needs is a practice in self-love and will become an invaluable, innate tool for healing.

Use this exploration as often as you need, by yourself or with a loved one. Having a better understanding of our emotional world helps to heal us all.



nurture. *neuroscience*

A MOVEMENT TO REVOLUTIONIZE MENTAL HEALTH