



## **Sensing What You Need**

This practice is about creating a space for us to begin listening to our core physical and emotional needs for physical and emotional safety and nourishment.

When you can sense your needs you can grow a felt-sense capacity to attune to what you need in order to feel safe, nourished and cared for in all areas of your life.

Feel free to address as many or few topics as you'd like.

What do you need in romance in order to feel physically and emotionally safe and nourished?

What do you need in sex in order to feel physically and emotionally safe and nourished?

What do you need in friendship in order to feel physically and emotionally safe and nourished?

What do you need in community in order to feel physically and emotionally safe and nourished?

What do you need in your home in order to feel physically and emotionally safe and nourished?

What do you need in work in order to feel physically and emotionally safe and nourished?

What do you need with money in order to feel physically and emotionally safe and nourished?



What do you need in terms of physical rhythms and routines (sleep, water, food, time alone, time in connection) in order to feel physically and emotionally safe and nourished?

*From Rachael Maddox*