

# What I Need But Don't Say

A worksheet to help you name the needs and truths that often go unspoken.

## 1. Right now, I feel...

---

---

---

---

## 2. I wish someone knew...

---

---

---

---

## 3. One thing I need, but haven't asked for is...

---

---

---

---

## 4. A gentle way I could express it is:

---

---

---

---

## 5. What might feel different if I spoke this need out loud?

---

## What I Need But Don't Say

A worksheet to help you name the needs and truths that often go unspoken.

---

---

---