My Needs Today

We all have needs. And we all want to help each other. Sometimes we just don’t know how. But we can make it easier. When someone asks, "How can I help?" we can tell them. Because people do care about us - and they want to support us. If we take time to think about what we need, we will be able to communicate it more clearly. This list can help.

I need to be comforted.
- Be with me
- Give me a hug
- Understand that this is difficult
- Know that I may be grieving
- Hold my hand
- Show me empathy

I need help making a decision.
- Listen to me and ask me questions
- Help me identify my priorities
- Gather resources and information
- Support my choices

I need to be validated.
- Reassure me
- Remind me of my strengths
- Help me identify what is within my control
- Help me cope with uncertainty

I need to solve a problem.
- Listen to me and ask me questions
- Help me find solutions that honor my values, goals, and preferences
- Encourage me

I need rest and rejuvenation.
- Share a meal with me
- Go for a walk with me
- Remind me what makes me calm or joyful
- Help me create a restful space
- Let me sleep

I need...