



## **Real Needs Workbook**

Identify & Meet the Real Needs behind  
your Cravings, Fat Feelings & Body Loathing





## 1. What is my current challenge?

*(such as a craving, a fat feeling/body shaming thought, the urge to diet/fast, due to body loathing, etc.)*

## 2. How am I currently feeling...

a) ...physically? *(the sensations that are present in my body)*



b) ...emotionally? *(the most prevalent emotion/emotions I'm feeling)*

c) ...mentally? *(the thoughts that are present in my mind)*

*{At this point, open and browse through the 'List of Basic Needs' PDF Guide. Then, based on the awareness you have gained through your check-in with yourself, and after consulting the list, continue below.}*



3. What is my *real*, unmet need(s) right not?

4. What will I do to satisfy my *real* need(s)?

*(this might include self-care acts and practices that you do by yourself, as well as those, which involve other people; those that you will engage in immediately, as well as long-term commitments)*

You are worth the time,  
space and energy to take  
Divine Care of Yourself;  
to treat Yourself  
like a Goddess,  
a Queen,  
your Best Friend,  
your Lover...