

## Meeting Your Needs

Setting daily goals for getting your needs met can help you make that happen. These goals can also help you stay balanced as you experience the ups and downs of the healing process. If, for example, you notice that you are struggling more than usual, it is wise to check in on your goals to see how you are doing with them. Sometimes, when life is difficult, it is easy to forget about your needs. This is doubly true when an addicted loved one is active in his or her addiction or struggling in his or her recovery. Recognizing this, we've created an exercise to help you identify, track, and meet your needs on a consistent basis. It is important that you not judge or shame yourself if you find that meeting your needs-related goals is difficult. Just do the best you can and, with practice and time, the process will get easier.

Set and track two daily goals in the following four areas:

- **Physical:** Things you need to care for your physical body and physical health.
- **Personal:** Needs that address your feelings, growth, and what is most meaningful to you.
- **Relational:** Things you need to build secure and stable connections with loved ones and others.
- **Spiritual:** Needs that are connected to your intrinsic value and spiritual self – as you define it.

We suggest that for the first few weeks you do this, you start with smaller goals that seem achievable and manageable. Over time, as you get better at setting and meeting your goals, you can move forward into larger needs-based goals. We also suggest that at least a few of your goals involve reaching out to other people, especially supportive, empathetic people who know about your process of healing.

### Sample Chart

Week of: March 14-20

Area	Need Being Met	S	M	T	W	T	F	S
Physical	<i>Get at least 7 hours of sleep.</i>	X	X	X	X	X		
	<i>Take a walk.</i>	X		X	X	X		
Personal	<i>Play the piano.</i>	X	X	X	X	X		X
	<i>Read a book for fun.</i>	X	X	X		X		X
Relational	<i>Text or call a friend.</i>	X	X		X	X	X	
	<i>Spend 10 minutes with one of my kids</i>	X	X	X	X	X		X
Spiritual	<i>Meditate</i>	X	X		X			X
	<i>Read something inspirational.</i>	X	X	X		X	X	X

Now it is your turn. For the coming week (and beyond), create and track goals for yourself using this chart as a guide. You can make copies to use in future weeks.

Week of: \_\_\_\_\_

Area	Need Being Met	S	M	T	W	T	F	S
Physical								
Personal								
Relational								
Spiritual								