

## Everyone Has Feelings and Needs

Part of being human is that we all have **feelings** and **needs**. Feels – or **emotions**- depend on a lot of things. You may feel happy, sad, angry or content depending on what is happening around you. Feelings also depend on how you think about what is happening around you. For example, you might feel angry if someone calls you stupid. But if you think about it and realize that you are not stupid, you may be able to change your angry feeling into a calm feeling.

Even though some feelings feel better than others, feelings themselves are not good or bad. We have feelings to give us clues about ourselves. If you feel happy, it is probably because of something you are doing or thinking. If you feel sad, it may be time to change something in your life. Sometimes, all you need to change is the way you think about things, especially things you can't control like people who choose to be mean to you.

If your body is tense and you have butterflies in your stomach, you may be feeling **stress**. Stress is an unpleasant feeling that is important to control. When you feel stress for too long, it can make you sick. It can also make you do things or behave in ways that hurt your relationship with family and friends. When you feel stress, think about why you are feeling it and try to relax your body. Again, changing your thoughts can help. If you feel stress because you are worried about a test, try telling yourself that you've done your best studying. If you believe that you will do okay, your body will relax. When you don't feel stressed, you will do better on the test.

**Needs** are another part of being human. There is a big difference between needs and **wants**, though. Sometime we think we need something – like the best pair of jeans or a new video game – but those are not really needs. They are just things we want. A need is necessary for physical, mental or emotional health. All humans have basic needs for food, water and shelter. We also need clean air to breathe. Without these things, we would not be able to survive. We also have mental and emotional needs. For example, we need to think and use our minds, and we need love, security and a place to belong. Sometimes it's hard to get our emotional needs met. We may believe that we don't belong or that nobody cares about us. Usually the best way to find out that we are cared for is to talk to the people closest to us about how we are feeling. Family members, friends and school counselors are all people who can help us with our emotional needs.

## Everyone Has Feelings and Needs Questions

1. Feelings are the same as
  - a. wants.
  - b. needs.
  - c. emotions.
  - d. None of these
  
2. All human beings have
  - a. wants.
  - b. needs.
  - c. emotions.
  - d. All of the above
  
3. Thinking differently about a situation
  - a. will usually not make much difference.
  - b. can change the way you feel about something.
  - c. is just a mind trick.
  - d. None of the above
  
4. Feelings are
  - a. either good or bad.
  - b. clues about ourselves.
  - c. all good even when they feel bad.
  - d. messages about what we want.
  
5. Which is probably not symptom of stress
  - a. butterflies in your stomach
  - b. a tense body
  - c. hunger after not eating
  - d. They are all symptoms of stress.
  
6. Describe what you can do if you feel stress about taking a test.

Name \_\_\_\_\_

Date \_\_\_\_\_

### Everyone Has Feelings and Needs Questions (Cont'd)

7. Which is an example of a need?
  - a. food
  - b. a vacation in a luxury hotel
  - c. a gourmet meal
  - d. a new video game
  
8. Which is not an example of a need?
  - a. shelter
  - b. a feeling of belonging
  - c. being friends with the popular kids
  - d. water
  
9. Which is an example of a want?
  - a. food
  - b. water
  - c. shelter
  - d. getting straight A's
  
10. What can you do if you are having problems with emotional needs?

Name \_\_\_\_\_



Date \_\_\_\_\_

## Everyone Has Feelings and Needs Answers

1. c
2. d
3. b
4. b
5. c
6. Change the way you are thinking about it./Tell yourself you have done your best studying.
7. a
8. c
9. d
10. Talk to a family member, friend or school counselor.