

Need Stack Worksheet

WHEN NEEDS COLLIDE · WHAT YOU NEED, TOO · SOPHIA KUEI

When a reaction feels bigger than the situation, several needs may be stacked. Sort the layers, then choose one small move.

The Scene

What just happened? (one or two plain sentences)

The Need Stack

1 • Visible Behavior

shouting · explaining · taking over · withdrawing · giving in · searching · proving

What did I do, or feel pulled to do?

2 • Immediate Need (the loudest one)

connection · predictability · agency · competence · integrity · self-worth · belonging · autonomy

What was I trying to protect or receive?

3 • Supporting Need (optional)

A second need that was also active underneath the first.

Was another need present?

4 • Capacity

sleep · noise · pain · hunger · time pressure · emotional support · recovery

What was affecting my capacity in this moment?

Ninety-Second Check

NEED STACK WORKSHEET · PAGE 2

After a strong reaction, complete these sentences.

"The scene was _____."

"My first urge was to _____."

"The need underneath that urge may be _____."

"My capacity was affected by _____."

"One move I can make now is _____."

Choose the Smallest Useful Move

One Move for the Loudest Need

What will change the next few minutes?

What Can Wait for Its Turn

Other needs that matter later.
