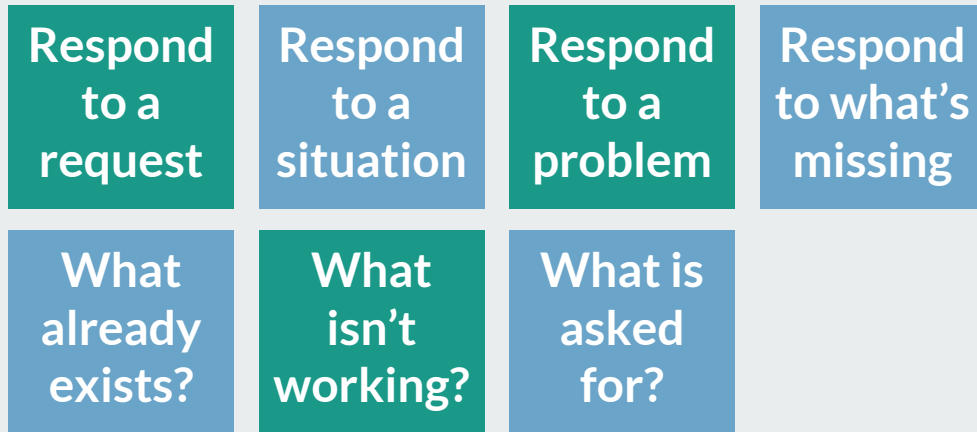


Identifying the 'need' - here's how...



Identifying an **unmet need** should be the starting point for every project.

- understanding & defining 'need' can be complex
 - ◆ What is the problem or issue you want to address with your project?
 - ◆ Who needs this project to happen & why?
 - ◆ Why is your project an appropriate response to the need?

Feelings when needs are **not met**:

angry	anxious	afraid	bored	confused	disappointed
discouraged	embarrassed	frustrated	hopeless	impatient	irritated
insecure	jealous	lonely	lost	nervous	overwhelmed
reluctant	sad	tense	uncomfortable	vulnerable	worried

Identifying the 'need' - what is it?

Some shared basic human **needs**:

Shelter & Sustenance	Health & Wellbeing	Fairness & Equality	Meaning & Purpose
Safety, Security & Protection	Connection & Belonging	Understanding & Clarity	Authenticity & Integrity
Peace	Communication	Respect	Contribution
Joy & Adventure	Empathy & Love	Support	Appreciation
Learning & Growth	Choice	Freedom & Autonomy	Acknowledgement

This list of needs is taken from Deb Barnard (2016) *Relational Dynamics Handbook*, informed by Marshall Rosenberg - Nonviolent Communication

Use this space to make notes about the unmet needs your project addresses:

Feelings when needs **are met**:

amazed	alert	brave	calm	content	confident
enthusiastic	eager	excited	glad	happy	hopeful
inspired	optimistic	proud	peaceful	relaxed	strong
satisfied	stimulated				

This list of responses is taken from Deb Barnard (2016) *Relational Dynamics Handbook*

