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Assessing Your Self-Care Needs © *

Self-care is essentially listening to and responding to your needs in healthy ways. There is a difference between being selfish and practicing self-care.

Being selfish means you are only considering your needs without considering the needs of others. Self-care is being a steward of yourself and your God-given needs while also being aware of the needs of others.

Our needs are created by God and help us keep in touch with where we are fulfilled and what areas need attention. Celebrate the healthy things you are doing and resist the temptation to judge yourself for not practicing self-care in certain areas. This tool will help you assess which needs aren't being met so that you can come up with a plan to help care for yourself in meaningful ways.

Put a check mark next to the needs that are basically being met, and a star next to the needs you would like to put some time and effort into meeting:

Physical: need for ___ food ___ shelter ___ clothing ___ protection from harm.

Medical: need for adequate ___ medical ___ dental ___ mental health care (including regular checkups, preventative care, and treatment of illnesses).

Emotional: need for ___ love ___ comfort ___ empathy ___ being valued and encouraged.

Intellectual: need to continue learning through ___ education ___ a new hobby ___ other area of interest.

Spiritual: need to be ___ connected to God ___ using your gifts to help others

Social: need to connect ___ emotionally and ___ intellectually to others in fulfilling ways, and to ___ feel safe in those relationships.

Belonging: need to be part of a group larger than ourselves. This need could be fulfilled ___ at work ___ in church ___ with family ___ in close relationships ___ in a larger, meaningful organization.

Giving: need to give to others in ways that contribute to their lives and meet needs in a significant way, such as giving ___ love ___ empathy ___ encouragement ___ care ___ time ___ skills ___ money ___ practical help ___ instruction ___ services.

Significance: need to contribute to the world and make a difference, whether to one person or many. This is often through ___ volunteer work and ___ financial giving.

As you looked at this list of needs, what did you notice?

Most likely some of your needs are being adequately met and some are not. Don't get overwhelmed; every single thing doesn't have to be addressed now—in fact, they can't be.

These areas need to be fine-tuned and paid attention to for the rest of your life. I'm never quite in balance myself. I go from less balanced to a little more balanced. Then right when I feel like I'm more in balance, something unforeseen happens in my life and I need to fine-tune some things all over again. If this keeps happening to you, know it is normal, and you're normal.

Start by noticing which needs are basically met and which ones could use some attention this week. As you notice your needs, pick one or two unmet needs that jump out at you. Begin pondering how to address these unmet needs in your life. You are worth taking time and effort to care for yourself in these ways.

So What's Next? In order to take the next step to better care for your needs, you'll need a plan, and support to be successful. For more compassionate and practical help check out Kim's book [*Give Yourself a Break: Turning Your Inner Critic into a Compassionate Friend*](#). Think what a difference it would make if you approached yourself and your needs as a Compassionate Friend.

* This self-care assessment taken from *Give Yourself a Break: Turning Your Inner Critic into a Compassionate Friend*. Used with permission by Revell, a division of Baker Publishing Group