

EMOTIONAL NEEDS & REQUESTS - I

My Name _____

Date _____

Please mark the number that best represents how you feel about each question. One is less with five being a lot.

Child	Parent
<p>1 I feel that my parent helps me to meet my emotional needs</p> <p>① ② ③ ④ ⑤</p>	<p>1 I feel that I am able to help meet my child's emotional needs & requests</p> <p>① ② ③ ④ ⑤</p>
<p>2 I am able to request what I need emotionally in a respectful, regulated way</p> <p>① ② ③ ④ ⑤</p>	<p>2 I feel overwhelmed with the frequency or intensity of my child's emotional needs</p> <p>① ② ③ ④ ⑤</p>
<p>3 I feel that my demands to have my emotional needs met are reasonable in type and frequency</p> <p>① ② ③ ④ ⑤</p>	<p>3 I feel that my child's demands to have me meet their emotional needs/ demands is reasonable in type and frequency</p> <p>① ② ③ ④ ⑤</p>