EMPOWER RECOVERY™

THE UNSPOKEN WORK OF RECOVERY / PACKET 01

The Needs I Can Name Now

A self-guided workbook for adults reflecting on childhood emotional neglect



3 AWARENESS 6 ALIGNMENT 9 INTEGRATION

His Words, Our Work, Greater Things.

© 2026 369 Recovery LLC

WELCOME

Begin where you are

A self-paced, nonclinical packet for adults.

There are things a child should be able to count on. Someone to turn toward when they are scared. Someone to ask how the day went and stay for the answer. Someone to help them put words around a feeling too big to name alone.

When those responses were often missing, adulthood can bring a question nobody taught you how to answer. **What do I need right now?** This packet gives you a place to practice answering it.

Choose how you want to work

Read only. Take in the opening article or look at the examples. **Try one page.** Use an ordinary situation from this week. **Work with support.** Bring a page to a trusted person, a peer supporter, or a licensed clinician.

Use initials, a few words, or no written record if privacy matters. Every prompt is optional. If the work becomes overwhelming, pause and choose what would help you return to your day. You can come back later or ask someone to sit with you.

THE SCOPE OF THIS PACKET

Empower Recovery™ offers education and guided self-reflection. Use this workbook alongside any care you receive. For assessment, diagnosis, or treatment, work with a licensed clinician. Support options are on page 15.

If I do one page today, what would make it feel manageable?

© 2026 369 Recovery LLC • Empower Recovery™

CONTENTS

Find your starting point

Go in order or choose the page that fits your day. Entries are clickable.

OPENING

What You Needed and Never Got 04

3 AWARENESS

Name the need beneath the moment 05

Notice what you learned to do 06

Make room for what was missing 07

6 ALIGNMENT

Find words you can believe 08

Make one specific request 09

Choose who gets to hear you 10

9 INTEGRATION

Plan one small experiment 11

Use the practice in daily life 12

Review what you learned 13

COMPANION PAGES

Leave room for spiritual choice 14

Find support and further reading 15

Keep a one-page needs map 16

© 2026 369 Recovery LLC • Empower Recovery™

OPENING ARTICLE

What You Needed and Never Got

A child comes home carrying good news. Someone asks whether their homework is done. At dinner the child waits for a place to put the news. By bedtime, they have decided it probably was not worth telling.

Most families miss moments. What matters here is what happens when a child repeatedly has nowhere to take fear, sadness, delight, or confusion. The Centers for Disease Control and Prevention includes responding to a child's feelings among the basic emotional needs that can go unmet in neglect. [1]

You may remember people who worked hard, kept food on the table, or showed care in ways they understood. You may also remember how alone you felt when something mattered. Both memories can belong to the same household. You get to make room for the effect it had on you, even if you understand some of what the adults were carrying.

An old pattern can show up on an ordinary Tuesday. A friend asks how you are, and "I'm fine" comes out before you have checked. When a coworker offers help, you explain why you can handle it. Later you are tired and resentful, and you wonder when anyone was supposed to know.

There was sense in learning to keep certain things to yourself. Now you can ask whether that habit fits the situation you are in. You might want someone to listen for five minutes. You might want clearer information, company at an appointment, or enough room to feel proud of something you did.

If you are unsure how to begin, start with the smallest moment you can describe. Think of the last time you almost said what you needed. What would you have wanted the other person to understand?

CARRY ONE QUESTION FORWARD

What was I hoping someone would notice?

© 2026 369 Recovery LLC • Empower Recovery™

3 / AWARENESS

Name the need beneath the moment

Use a recent, low-stakes example. You can work entirely in the present.

A feeling can give you a clue about a need, and more than one answer can fit. Irritation after an interrupted conversation might point to wanting time to finish, a quieter place to talk, or a clearer agreement about when the other person can listen.

WORDS TO BORROW

Comfort · **Attention** · **Encouragement** · **Clarity** · **Privacy** · **Rest**
Help · **Belonging** · **Consistency** · **Room to choose** · **Being taken seriously**

What happened? Write what a person nearby could have seen or heard.

What did I feel or notice? A word, sensation, or urge is enough.

What might have helped in that moment? Choose up to two needs.

© 2026 369 Recovery LLC • Empower Recovery™

3 / AWARENESS

Notice what you learned to do

Some people become quick at changing the subject, taking care of the next task, or saying “whatever works for you.” Those moves can be useful. This exercise asks where a familiar move helps you and where it leaves you with something important unsaid.

ONE EXAMPLE

My move: I make a joke when a friend asks if I am hurt.
What it does for me: I get through an awkward moment.
What it costs me: My friend may think the subject is closed.
Another choice: “I can talk about it. Give me a minute.”

What do I do when I want care, attention, or help?

When does that response work for me? When does it get in my way?

Where would I have enough room to try a different response?

© 2026 369 Recovery LLC • Empower Recovery™

3 / AWARENESS

Make room for what was missing

You can work with a general statement. Details are optional.

You might feel grief for something as ordinary as a parent asking how you were and staying long enough to hear the answer. You might feel anger, affection, confusion, relief, or very little at all. Start with whichever words feel honest today.

A WAY TO START

“I wish someone had noticed how hard I was trying.”
“I wish I had somewhere to go with good news.”
“I am still finding the words for what I missed.”

What kind of care do I wish had been more available to me?

What does acknowledging that bring up today?

What would help me after this page? Think of a person, place, or ordinary task.

© 2026 369 Recovery LLC • Empower Recovery™

6 / ALIGNMENT

Find words you can believe

The way you speak to yourself can make asking for care harder or easier. If “I’m being needy” comes up, try describing the actual situation. A fair response can leave room for a mistake, a limit, or another person’s needs and still take yours seriously.

TRY A FAIRER SENTENCE

Old line: “I’m asking too much.”
What happened: “I asked whether a friend had ten minutes to talk.”
Fairer line: “They get to decide if they have time. I get to ask.”

What is one phrase I say to myself when I want something from someone?

What facts would I include if I described this to a fair-minded friend?

What could I say to myself that is both kind and accurate?

© 2026 369 Recovery LLC • Empower Recovery™

6 / ALIGNMENT

Make one specific request

A request gives someone a clear way to respond and room to answer.

“I need support” is a useful beginning. To turn it into a request, name what would help, who might reasonably offer it, and when. Pick an ordinary request with someone who generally respects your choices.

THREE REQUESTS YOU CAN ADAPT

Listening. “Do you have ten minutes tonight to listen? I’d like to talk it through before we get into solutions.”
Clarity. “Can you tell me by Thursday whether the plans are firm?”
Company. “Would you come with me to the appointment on Tuesday?”

What do I need, and what would it look like in practice?

Who could I ask? Write the words you would actually use.

If this person is unavailable, what is another way to seek support?

© 2026 369 Recovery LLC • Empower Recovery™

6 / ALIGNMENT

Choose who gets to hear you

One person may be good company on a walk. Another may listen well when you are upset. A licensed clinician can help with symptoms that are disrupting everyday life. Think about what each person or service can reliably offer and how much you want to share.

Use what you have observed. Does the person honor a pause? Can they hear a request without turning it into a debt? Do they respect privacy? Start with the smallest amount of information that serves your purpose.

WAYS TO SET THE PACE

“I’m figuring out how to ask for help. Can I try something small with you?”
“I’d like to keep the background private. What would help today is company.”

For practical help, who or what could I turn to?

For listening or companionship, who has shown they can offer it?

For ongoing or specialized support, what option could I explore?

© 2026 369 Recovery LLC • Empower Recovery™

9 / INTEGRATION

Plan one small experiment

Choose one need and a step that can fit into the next seven days.

Use a real situation you expect to face. If you want encouragement, share a small win with someone who has shown interest. If you want rest, protect a short stretch of time. If you want more clarity, ask one concrete question before you agree to a plan.

The need I want to give attention to is…

The step I can take, with a time and place if I know them, is…

One obstacle I can plan for is… My smaller or supported version is…

What would tell me this step was worth trying?

© 2026 369 Recovery LLC • Empower Recovery™

9 / INTEGRATION

Use the practice in daily life

Pick one scene that feels familiar, then write your own version.

WHEN SOMEONE OFFERS HELP

You usually say you have it handled. Try accepting one specific piece of help. “Could you make the call while I pull the information together?”

WHEN YOU HAVE SOMETHING TO CELEBRATE

You usually move on to the next task. Try telling someone what you are proud of and asking for a moment to share it. “I finished it today. Can I tell you about it?”

WHEN A REQUEST IS DECLINED

You may feel disappointed or embarrassed. Give yourself time before drawing a conclusion. “I’m disappointed they aren’t available. I can still ask someone else or choose a smaller step.”

The ordinary moment I want to practice in is…

The words or action I want to try are…

© 2026 369 Recovery LLC • Empower Recovery™

9 / INTEGRATION

Review what you learned

Use this page after you try a step. If you put it off, reflect on what got in the way.

A request can be declined and still teach you something. Maybe you learned which words sound like you, how much privacy you need, or who is available for which kind of support. Let the result inform the next step.

What did I try, postpone, or change?

What response did I get, including from myself?

What helped? What made this harder than I expected?

What will I repeat, change, or ask for next?

© 2026 369 Recovery LLC • Empower Recovery™

OPTIONAL SPIRITUAL REFLECTION

Leave room for spiritual choice

Some people turn toward a Higher Power when they are trying to hear themselves more clearly. Others need a time of quiet, a walk, or a conversation with a person who gives them room to think. Choose a form of reflection that feels like yours.

In Empower Recovery™, **His Words, Our Work, Greater Things** expresses a movement from a spiritual foundation, through daily practice, toward what becomes possible. On this page, that practice can be as simple as listening long enough to hear one honest need and deciding whom to ask for help.

GOOD ORDERLY DIRECTION

"With Good Orderly Direction today I choose to give one honest need my attention. May I recognize what is mine to do and where I can receive help."

Where do I find steadiness or guidance when I am uncertain?

What would it look like to act on that guidance in one ordinary moment?

© 2026 369 Recovery LLC • Empower Recovery™

SUPPORT AND REFERENCES

Find support and further reading

When you want help carrying this

If distress repeatedly interrupts sleep, work, or relationships, or if reflection brings up experiences that feel hard to manage, you can ask a licensed mental health clinician about an assessment and options for care. In the United States, FindTreatment.gov can help you locate providers. [3]

If harm or control is ongoing, consider contacting a local domestic violence advocate from a device you can use privately. In the United States, The National Domestic Violence Hotline offers safety planning information and advocate support. [4]

WORDS FOR A FIRST APPOINTMENT

“I’m trying to understand how early experiences affect my daily life. I’d like to talk about what happens now and hear what options I have. Can we agree on a pace together?”

Sources and resources

[1] Centers for Disease Control and Prevention. About Child Abuse and Neglect.

[2] Substance Abuse and Mental Health Services Administration. Practical Guide for Implementing a Trauma-Informed Approach. Informed this packet’s emphasis on choice and pacing.

[3] Substance Abuse and Mental Health Services Administration. FindTreatment.gov.

[4] The National Domestic Violence Hotline. Safety Planning While Living with an Abusive Partner.

© 2026 369 Recovery LLC • Empower Recovery™

KEEP THIS PAGE

My one-page needs map

Use this page when something matters and you are still finding the words.

3 · Awareness | What am I noticing, and what might I need?

6 · Alignment | What fits this situation? What could I ask for?

9 · Integration | What will I try, and when will I check in?

A LINE TO KEEP

“I can take this need seriously while I learn what kind of help fits.”

© 2026 369 Recovery LLC • Empower Recovery™