

Campfire Worksheet for Identifying Underlying Needs

Smoke - Results/consequences
of behaviors

Flame - The signal something is
wrong: the behaviors



Fuel – What is fueling the fire (behaviors), and therefore the smoke (results of behaviors). The "Underlying Needs".

Needs Statements – Rephrase the underlying need into a statement that describes what is necessary for the individual to reach their long-term goal(s).