

The Feelings and Needs Exercise

What I Learned...

What I Did...

Needs

Feelings

Effects

Challenges

The Feelings and Needs Exercise: Directions

- 1) **In the “Challenges” column, list any major obstacles you’ve faced in your life—anything from major health or family issues to experiencing racism or violence.**

Spend at least 3-4 minutes on this first column. The more these challenges affected you, the more productive this exercise can be.

- 2) **In the second column, list the “Effects” (aka repercussions) that you experienced as a result of each challenge you’ve listed.**

How did each challenge impact you? **Important:** Don’t yet name the emotions you felt as the result of the challenge, as those will go in the next column. Instead, simply list how your world changed due to the item in the first column.

- 3) **In the third column, name the “Feelings” that each effect elicited.** What did you feel? Spend 3-4 minutes on this column. See if you can list 3-4 feelings for each challenge you experienced.

- 4) **In the fourth column, identify the “Needs” that was underneath the emotions you listed.**

Perhaps underneath a feeling of *isolation*, for example, was a need for *connection*, or beneath a feeling of *vulnerability* was a need for *safety*. Spend a little extra time with this column, as it’s the heart of this exercise.

- 5) **For the fifth column, “What I did about it,” consider the steps you took to meet the needs you wrote down.**

Maybe to meet your need for *safety* you shared your feelings with your parents or a counselor and that helped you feel better; so you’d write down “talked to a counselor.”

- 6) **In the sixth column, “What I Learned...” ask yourself: *What did I learn from all this?***

List 3-4 values you’ve developed based on each of the activities you’ve listed in the previous column. Spend 3-4 minutes on this. Normally this column ends up being really full.

Narrative Structure Mentor Text

“The Little Porch and a Dog”

It was the first Sunday of April. My siblings and I were sitting at the dinner table giggling and spelling out words in our alphabet soup. The phone rang and my mother answered. It was my father; he was calling from prison in Oregon.

My father had been stopped by immigration on his way to Yakima, Washington, where he’d gone in search of work. He wanted to fulfill a promise he’d made to my family of owning our own house with a nice little porch and a dog.

Fortunately, my father was bailed out of prison by a family friend in Yakima. Unfortunately, though, most of our life savings was spent on his bail. We moved into a rented house, and though we did have a porch, it wasn’t ours. My father went from being a costurero (sewing worker) to being a water-filter salesman, mosaic tile maker, lemon deliverer, and butcher.

Money became an issue at home, so I started helping out more. After school I’d rush home to clean up and make dinner. My parents refused to let me have a “real” job, so on Saturday afternoons I’d go to the park with my older brother to collect soda cans. Sundays and summertime were spent cleaning houses with my mother.

I worked twice as hard in school. I helped clean my church, joined the choir, and tutored my younger sister in math. As tensions eased at home, I returned to cheerleading, joined a school club called Step Up, and got involved in my school’s urban farm, where I learned the value of healthy eating. Slowly, life improved. Then I received some life-changing news.

My father’s case was still pending and, due to a form he’d signed when he was released in Yakima, it was not only him that was now in danger of being deported, it was my entire family. My father’s lawyer informed me that I’d have to testify in court and in fact our stay in the US was now dependent on my testimony.

The lawyer had an idea: I had outstanding grades and recommendation letters. If we could show the judge the importance of my family remaining here to support my education, perhaps we had a chance. So I testified.

Narrative Structure Mentor Text, Contd.

My father won his case and was granted residency.

Living in a low-income immigrant household has taught me to appreciate all I've been given. Testifying in court helped me grow as a person, has made me more open-minded and aware of the problems facing my community. And my involvement in the urban farm has led me to consider a career as a nutritionist.

Though neither of my parents attended college, they understand that college is a key factor to a bright future and therefore have been very supportive. And though we don't yet have the house with the small porch and the dog, we're still holding out hope.

I believe college can help.

Narrative Structure Mentor Text - Spanish

“Pequeño porche y un perro”

Era el primer domingo de abril. Mis hermanos y yo estábamos sentados en la mesa del comedor riéndonos y deletreando palabras en nuestra sopa de letras. El teléfono sonó y mi madre respondió. Era mi padre. El estaba llamando desde la cárcel en Oregon.

Mi padre había sido detenido por inmigración en su camino a Yakima, Washington, donde había ido en busca de trabajo. Quería cumplir una promesa que le había hecho a mi familia de tener nuestra propia casa con un pequeño y agradable porche y un perro.

Afortunadamente, mi padre fue rescatado de la cárcel por un amigo de la familia en Yakima. Pero lamentablemente la mayor parte de nuestros ahorros se gastó en su fianza. Nos mudamos a una casa alquilada, y aunque teníamos un porche, no era nuestra. Mi padre pasó de ser un costurero (trabajador de coser) de ser un vendedor de filtros de agua, fabricante de baldosas de mosaicos, libertador de limones, y carnicero.

El dinero se convirtió en un problema en casa, así que comencé a ayudar más. Después de la escuela llegaba temprano a mi hogar para limpiar y preparar la cena. Mis padres se negaron a dejarme tener un trabajo "real." Por lo tanto, los sábados por la tarde me iba al parque con mi hermano mayor para recoger latas de refrescos. En domingos y en el verano limpiaba casas con mi madre.

Trabajé dos veces más duro en la escuela. Ayudé a limpiar mi iglesia, me uní al coro, y dí clases particulares a mi hermana menor en las matemáticas. Mientras las tensiones disminuyeron en casa, volví al grupo de porristas, me uní a un club escolar llamado Step Up, y me involucré en la granja urbana de mi escuela, donde aprendí el valor de la alimentación saludable. Poco a poco, la vida mejoraba. Luego recibí una noticia que cambia la vida.

El caso de mi padre todavía estaba pendiente, y debido a una forma que había firmado cuando fue liberado en Yakima, no sólo era él que estaba ahora en peligro de ser deportado, era toda mi familia. El abogado de mi padre me informó que yo tendría que declarar ante los tribunales, y de hecho, nuestra estancia en los EE.UU. ahora dependía de mi testimonio.

El abogado tuvo una idea: yo tenía sobresalientes calificaciones y cartas de recomendaciones. Si pudiéramos demostrar a la juez la importancia de que mi familia se quedará aquí para apoyar a mi educación, tal vez tuviéramos una oportunidad. Así que di mi testimonio.

Narrative Structure Mentor Text - Spanish, Contd.

Mi padre ganó su caso y se le concedió la residencia.

Vivir en un hogar de inmigrantes de bajos ingresos me ha enseñado a apreciar todo lo que se me ha dado . Dar mi testimonio en el tribunal me ha ayudado a crecer como persona y me ha hecho más consciente de los problemas que se enfrentan en mi comunidad. Y mi implicación en la granja urbana me ha llevado a considerar una carrera como nutricionista .

Aunque ninguno de mis padres asistieron a la universidad, ellos entienden que la universidad es un factor clave para un futuro brillante, y por lo tanto, han sido un gran apoyo . Y aunque todavía no tenemos la casa con el pequeño porche y el perro, todavía estamos tendiendo la esperanza.

Creo que la universidad puede ayudar.

Narrative Beats Outline

Map out your narrative “beats” using the outline below:

I. Intro / Opening Line: _____

II. Status Quo: _____

A. Details / examples: _____

III. The Inciting Incident: _____

A. Details / examples: _____

IV. Raising the Stakes / Rising Action: _____

A. Details / examples: _____

V. Moment of Truth: _____

A. Details / feelings / needs: _____

VI. New Status Quo: _____

A. Details / feelings / needs: _____

VII. Conclusion: _____

A. What I learned: _____

Peer Review

Directions for the AUTHOR: Thank you for being brave and sharing your writing today! The more you share your draft with trusted readers, the stronger your writing will become. Before you share your essay and *this sheet* with your reviewer, first fill out three questions:

1. What is one thing you're proud of writing, or doing, with this draft?
2. What is something you'd like help with in general? (word choice, organization, details, transitions, etc.)
3. Which section of your draft do you think is strongest? Which section needs the most development?

Directions for the REVIEWER: Your job today is to help the author as much as possible. Read closely, ask questions, note where the writing is especially compelling and clear, and make suggestions where the writing is less effective.

Step 1: Review the comments from the author. Their comments should guide your review.

Step 2: Read the essay first, all the way through, without making *any* notes or comments.

Step 3: Read the essay again. This time, note in the margins (or via comments) where you identify their narrative elements:

- A. Challenge/Effects
- B. Feelings/Needs
- C. What I did
- D. What I learned

Step 4: Check for the rule of “thirds” — does the author devote about $\frac{1}{3}$ of the essay to describing their challenge and its effects, $\frac{1}{3}$ on what they did, and $\frac{1}{3}$ on what they learned? If you have highlighters, it can be helpful to mark each section in a different color to better visualize the split between these three sections.

Step 5: Share at least two questions and two “golden lines” (a phrase or sentence that is memorable, effective, made you think/feel deeply, etc.) with the author.