

## **What are your TOP NEEDS?**

check off as many as apply to you

- I need help building a positive relationship with God
- I need help building a positive relationship with my parents
- I need help managing or dealing with the stresses in my life
- I need help to answer some of my big doubts about the Catholic faith
- I need help understanding the Catholic faith better
- I need help in knowing how to share my faith with friends and others
- I need help with my school work
- I need help figuring out my future choices (college, job, career, marriage)
- I need help dealing with depression
- I need help with my overwhelming commitments
- I need help dealing with the pain I feel in life
- I need help developing more and better friendships
- I need help ending my dependence on drugs, alcohol, tobacco, video games or porn
- I need help with making better moral choices in my life
- I need help in receiving forgiveness for things I've done
- I need help with living a healthier lifestyle-eating better and exercise
- I need help with time management and discipline in my life
- I need help resolving conflicts
- I need help sorting through sexual issues
- I need help with girlfriend/boyfriend issues
- I need help disciplining myself to do what I have to do
- I need help thinking about anyone or anything besides myself
- I need help overcoming my laziness
- I need help managing my time and organizing myself better
- I need help \_\_\_\_\_