

Understanding your Needs

When we get to see what is important we get to understand ourselves in a deeper level. Many times we get upset, sad, anxious and we don't know why. Knowing your basic emotional need will help you to navigate through uncertainty and life.

It will help you to improve your wellbeing.

Human Needs

- Security: Certainty, Safety, Trust, Belief, Control, Faith, Safety
- Change: Uncertainty, Variety, Danger, Diversity, Variation, Development
- Importance: Significance, Achievement, Competence, Influence, Relevance, Value, Sense of status
- Connection & Love, Belonging: Contact, Attention, Intimacy, Network, Affection, Appreciated, Passion, Part of community
- Autonomy and control
- Privacy
- Fulfilment/Purpose/Growth/Contribution Contribution: Meaning & purpose

1. Which needs matter the most to you?

- If you could choose one and only one need, which need would you choose.?
- Now select the next 2 needs that you consider to be vital for you.
 - i.
 - ii.
 - iii.

2. Prioritise your needs exercise

Create a priority by comparing each need with another need. For example. Do I value Security over Change? Add a point for the one that you value most.

- i.
- ii.
- iii.



3. Go deeper

- Why do you consider these values important?

- Who prioritised those needs in your family (Parents, Grandparents, Siblings, Uncles/Unties, Carers)

2. What can you do to make sure that you fulfil these needs and never to let them go unattended

What are the things that you usually do that feed that emotional need? Answer for your top 3 needs.

- 1.
- 2.
- 3.

What happens when you stop feeding that need? Complete the sentence. Eg. When I stop looking after connection I feel lonely and sad.

1. *When I stop looking after*
2. *When I stop looking after*
3. *When I stop looking after*



3. Which one of your needs goes unfulfilled and it requires your attention?

Note: Think of your significant needs that you listed above.

- i. What's making you feel that way? Is there proof?
- ii. What's your part in this? How do you keep it from being fulfilled?
- iii. Is there any proof that contradicts your view?
- iv. How can you prioritise this need?
- v. If that need was adequately met, what would change?

4. What do you need to do or usually do, in order to feel that your basic needs are met?

Eg. Spend time with yourself, speak kindly to yourself, go and exercise, spend time with loved ones, leap into uncertainty and towards a challenge.



Examine yourself

Our actions are being driven by our desire to fulfil our needs. Sometimes these behaviours are constructive and at others destructive.

For example, when I create a podcast, all my needs get fulfilled except for that of Privacy.

5. Think of a behaviour that you consider to be beneficial for you. What need(s) does it fulfil?

6. Think of a behaviour you consider unhelpful. Which need does this behaviour fulfil?

eg. Getting angry, need for control and certainty.

- i. Behaviour:
- ii. Need it fulfils:
- iii. How can you better fulfil those needs with a positive attitude and behaviour?
- iv. How else can you fulfil this need?
- v. When it happens, what is it teaching you? For example, the need to control might be teaching you to let go and trust. Paradoxical isn't it?

7. What have you learned from this exercise that you want to remember? What action will you take as a result of that insight?

“Find fulfilment in the things that you do, work/family/self. Make sure that what you do feeds your emotional needs.”



Inside Treasures