

FREEDOM THOUGHTS: NEEDS

These Freedom Thoughts are designed as suggestions for you to consider. Please feel free to ignore any that you feel do not apply. It is helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

- Everything we do is in service of our needs.
- Overall, people naturally like to meet a need in someone else.
- Needs are not selfish or shameful, they are just a need.
- Needs are just proof that I am human.
- When I meet a need for someone, I am the gift. When they meet a need in me, they are the gift—the gate must swing both ways.
- Distinguish between needs and needy-ness.
- Needy-ness is never satisfied.
- Needy-ness says I am in lack until other people meet my needs.
- A healthy relationship balances other's needs with mine.
- My needs are my responsibility, I can make a request of myself or of others to meet my need. Example: If I need some rest the request of myself could be, "I think I will get an early night." The request of another, "would you mind cooking the dinner tonight?"
- I can make a clear request of an action that will meet my need.
- I must be sure that it is a genuine request.
- 'No' must be an acceptable answer, otherwise it was never a request but a demand.
- My response to their answer will test if it was a request or a demand.
- The unspoken threat of my punishment (or my bad attitude) will turn a request into a demand.
- Other people's responses to my requests tells me about them, not me.
- What need are they meeting by their response?
- Everybody is just trying to meet their needs.
- What other ways can this need be met? My needs are still my responsibility.
- Others can re-negotiate in order to balance their needs with mine.
- I can show others how to help meet my needs, as they probably won't guess.
- Requests must be for specific actions. I cannot request an attitude, just an action. Example: "I want you to love me more" changes to "when you hug me, I feel loved, can we hug more often please." Or "I need to trust you" changes to "when you tell me where you are going it increases my trust in you."
- Their willingness to attempt that action will reveal their feelings.