



Understanding the difference between a Need & a Value

Needs drive us, they create our thoughts, beliefs, habits and physical reactions. As babies we needed all our needs to be met by another person but as we started to grow unless we were given the power and the responsibility to start meeting our own intrinsic needs we became weakened and believed in order to matter someone or something else needed to meet them for us. All addiction, control issues and relationship problems are the result of a person unable to meet their own intrinsic needs. As children we needed the approval, encouragement and understanding of mature adult parents who allowed us to fail without condemnation and instilled trust in us that we could accomplish things without fear of loss of approval or being shut out of the tribe.

A need is something that invokes an emotional reaction either positive when met or negative when not met. They tend to make us reactionary.

If we feel another person has to meet our need in the way we believe it should be we set ourselves up for co-dependency— if we feel that the other person is not going to meet our need, we either demand through tantrums, anger, sulking, manipulating or using a control drama to get the need met. Or if in childhood our needs were regularly neglected we begin to crave total independence from others. We isolate ourselves and become an island – leaving no room for intimacy – In the process we become numb to our own needs choosing to never want anything -so we will not have to feel the pain of disappointment of being let down.

Great relationships are built on interdependence – where the individual maintains their own responsibility for meeting their own needs and working together to create a vision for the future and planning how that vision will come into being by implementing shared values and meeting in the middle when values are in polarity.

So understanding what our intrinsic needs are very important – as we must learn to meet them ourselves – freeing up our relationships for greater intimacy, positive communication, mutual understanding, respect and growth

Why do needs put so much strain on relationship?

Needs are subjective - How you believe a need should to be met may be seen in a total different light by another because as their perception may be different to yours.

Values

A value is a conscious choice to act in a certain manner to meet your own needs.

Character is built by actioning values. It is witnessed in the way you will present yourself to the world, what is important to you and how you live your life.

Again your perception of a ***Value*** may be totally different to others. Accessing your real values can be tricky because in childhood you took on roles to get attention and these roles have their own set of values through which the role is actioned.

Many people give voice to their values but it is important to work them, not voice them- something to ponder on is ***“Character is how you are when nobody is watching”***

Many people present as nice because they are fearful of rejection – but at the same time are resenting the very person they are with or task that they doing for another – so this is not a value it is an act – usually played out in the role of the Carer or the Lost Child.

Once you are really congruent with a Value you will then need to develop some guiding principles about how you will action it.

Having a value without the guiding principle is like rocking up to the train station and asking for a ticket – the ticket master asks where to and you Reply – “not sure I just want a ticket.” Guiding principles become the train line that moves you in the right direction towards your goal of meeting your own need.



So how do you unravel this mystery of values and needs?

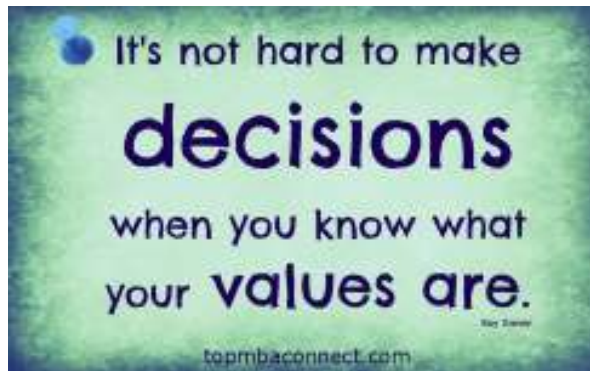
By being very real about choosing your needs – you will find the matching values that will help you build a strong foundation of personal power.

- Step 1** Go through your list of needs and tick as many as you like.
- Step 2** Then write a short paragraph about what that need means to you – be as clear as possible.
- Step 3** Then rate the importance of need in your daily life out of a score between 1 (being the lowest) and 10 (being the highest). Some needs we only require occasionally but others can figure almost daily in our lives.
- Step 4** Following on from the needs page is a page that says **“When needs are met we feel.....”** Go through each of the words and write down the ones that resonate with how you feel when you get that particular need met.
- Step 5** Then go to the next page **“Feelings when our needs ARE NOT met”** Think about situations when this need had not been met and again go through each word and see which resonates with you and write it done.

The purpose of doing this is that it shows you how much heat is in each need when it is met or not so therefore you will be able to see if it is truly a basic need of yours.

- Step 6** Once you have completed you task for your needs – go to your values and tick which are the most important for you. Again write a short paragraph as to how you see this value operating and why this is important to you.
- Step 7** Take one of your important needs and look through the values again and see which ones could be actioned to help you meet that need.
- Step 8** Write down 3-4 guiding principles as to how you will action that value to meet that need. This way you create a map to follow to achieve your goal.





Values I could use to meet that need and some guiding principles on how to achieve this.

Accountability

- To monitor my thoughts and be aware of how I am thinking about myself
- To be sure that my choices are not affecting another in such a way that it is harmful to them or the environment
- To be gentle with myself when I make a mistake and accept that in many things I am just learning
- To take responsibility for my moods and not project them onto others

Mindfulness

- To listen to my emotions and not turn away from negative ones, realizing that they have a message for me
- To listen to my body and accept that sometimes it needs rest and it always needs good nourishment
- To accept my physical appearance for what it is and know that it never determines who I am or what I can be

Personal Growth

- I and I alone am responsible for the outcomes of my life and how I choose to respond or react to situations
- I accept that this is a journey and that it is always about moving forward
- I accept that many people will not understand why I need to take this journey and that is ok. It does not make me different or them less because they do not desire to be a part of it

By deciding how I am going to meet this need I take the weight of the shoulders of those who love me and allow myself the power of self-actualization.

