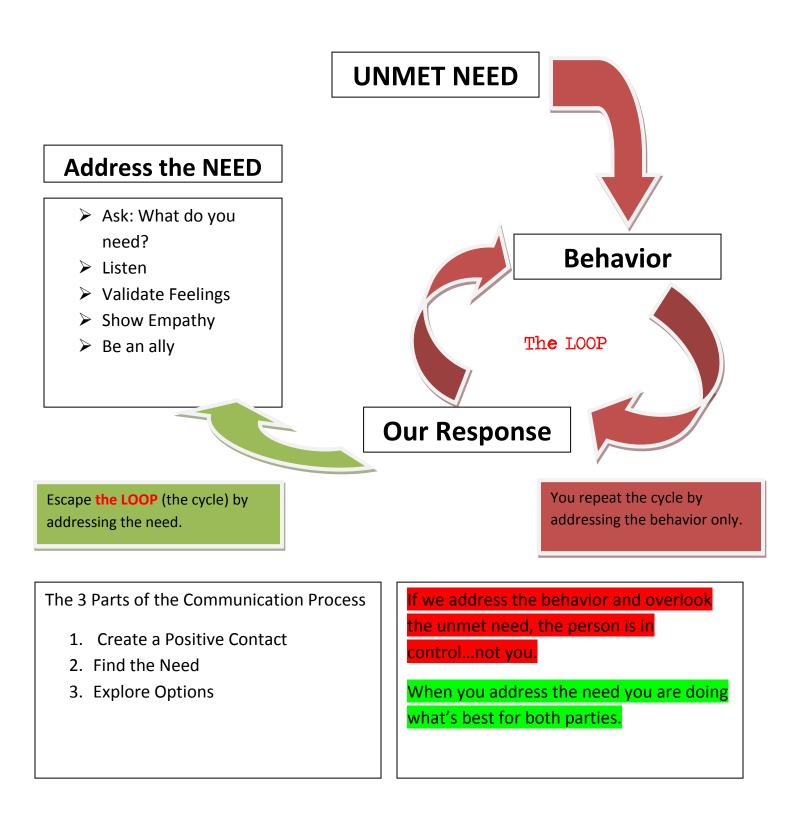
THE CYCLE OF UNMET NEED



How do you know when you're in The LOOP?

You find yourself:



Frustrated

Angry

Exhausted

Confused

Scared

Getting the same undesired results

Possible NEEDS:

Security/Safety Structure/Boundaries Control/Ownership Affirmation/Affection/Praise Respect/Recognition Belonging/Connection/Intimacy Emotional support/Validation Compassion/Understanding Acceptance/Forgiveness Conversation Recreation/Entertainment Commitment Admiration Support Physical Touch Rest/Food/Shelter Quiet/Peace Stimulation Expression/Freedom Fulfillment

Some things to remember:

- \succ If people are OK, they do what they should.
- People are difficult because they have an unmet need.
- See challenging behaviors as symptoms of an unmet need instead of problems
- Agree, validate, listen, problem solve, provide choices
- Get on their side and deal with people in a positive way.
- > Be an ally. Aim for a win/win situation
- If you don't like how you're feeling or how you're acting, LOOK at how you're THINKING
- Know your buttons (What irritates you?) and selfregulate
- Step back and become aware of how you are feeling (name it)