

# Real Conversations ® / Meet Needs: 4 Step Process

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## Problems: Signs of Unmet Needs

**Withdrawal**, loneliness, avoidance, depression, denial, aloofness, isolation, self-destructive thoughts, low self-esteem

**Intrusion**, shaming, blaming, complaining, controlling, demanding, judging, nagging

**Addictive habits**, co-dependence, intimacy dysfunctions, perfectionism, procrastination, obsessive/compulsive behaviors

**Physical** illness or pains



## Feelings: Under the Problems

**Sad**: lonely, disheartened, troubled, helpless, gloomy, grief, overwhelmed, distant, despondent, discouraged, distressed

**Mad**: angry, aggravated, exasperated, frustrated, irritated, agitated, furious, enraged, hostile, bitter, pessimistic, resentful

**Scared**: afraid, fearful, terrified, startled, nervous, panicky, jittery, horrified, anxious, worried, anguished, lonely

**Miscellaneous**: hesitant, apathetic, uncomfortable, torn, ambivalent, embarrassed, hurt, uneasy, indifferent, fidgety, listless



## Needs: To be Met

**Physical**: air, water, food, rest, shelter, exercise, touch, sexual expression, nature

**Emotional**: love, affection, warmth, compassion, assurance, support, trust, stability, security, safety, encouragement, interdependence, cherishing, play, celebration, expression of emotions, self-esteem.

**Mental**: attention, acknowledgement, recognition, acceptance, consideration, appreciation, understanding, empathy, respect, honesty, autonomy, competence, confidence, learning, validation

**Spiritual**: divine love, connection with a Higher Power, guidance, being, beauty, harmony, inspiration, order, balance, peace, serenity, integrity, authenticity, creativity, spontaneity, meaning, self worth, renewal, responsibility, to belong, to contribute, community, cooperation



## Solutions: To Meet the Needs

\* **Visualize** God, your Higher Power, your higher self, inner parent, or a spiritual guide loving you to meet needs such as self-validation, security, acknowledgement, and self-esteem.

\* **Take care** of yourself on all levels. Get rest and nourishment, learn new things, and connect spiritually.

\* **Ask** a trustworthy friend, mate, or group to help you meet needs such as compassion, understanding, or acceptance. Express feelings and needs to loved ones. Ask for empathy. Hear and empathize with their feelings and needs.

\* **Look** for functional role models. Learn from them how they meet their needs.

\* **Re-write** the past. If you have an unmet need from the past, inwardly see yourself acknowledging your feelings and meeting your needs. Giving yourself a new history changes the present, as it sets in motion new patterns of responding.

\* **Visualize** a "movie" of yourself and your life according to your goals. Repetition anchors it in.

\* **Homecoming**, a book by John Bradshaw, has many ideas of how to meet needs of each of the childhood stages where we may have gaps, in the chapter on "Corrective Exercises".

\* **Get Coached**: Get a professional, supportive partner to reach your goals faster, easier, better, and farther. Call Bess McCarty at (512) 569-1139 for a free first session and no-risk guarantee.

\* Want to learn how to use this Real Conversations process in your life to overcome any obstacle? For a limited time, get a free audio and e-lessons at [www.bessmccarty.com](http://www.bessmccarty.com). Learn to coach yourself & others!