

Changing how you meet your needs

What were your top 2 human basic needs?

1.) _____

2.) _____

What are three behaviours that you have that meet your first need?

1.) _____

2.) _____

3.) _____

What are three behaviours that you have that meet your second need?

1.) _____

2.) _____

3.) _____

* Ask yourself, are these behaviours healthy? Are they serving you? Are they enriching your life?

OR

Is it harming you? An unhealthy behaviour? A disempowering one?

"What we choose to believe, we become!"

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If your needs were not serving you, they need to be replaced. Use the space below to replace them with a behaviour that serves you and meets your human needs in a positive way "pleasure".

Unhealthy behaviour:

New behaviour:

Unhealthy behaviour:

New behaviour:

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What feelings came up as you were identifying your behaviours connected to your top needs? Was it eye opening? Were you able to identify if you were meeting these needs through pain or pleasure?

Take note of some actions you will take this week to strengthen these desired behaviours. For example, if you want to change your behaviour for love and connection and want to communicate more with your husband, take action this week to make a date night, to buy a bottle of wine and sit down and chat with him, to turn the TV off at supper time. A goal is only a wish if we don't take action.

"What we choose to believe, we become!"