

Knowing What We Need

1. Personal needs
 - a. **Boundaries and Integrity** of the Self
 - i. The physical nature of the Self
 - ii. The emotional nature of the Self as what we identify with
 - iii. Dad and Son on the soccer field
 - b. The semi-permeable membrane between Self and Other and the necessity of flow
 - i. Letting in what we need, letting out what we don't need; the process of breathing.
 - ii. Illness as the failure to maintain the boundaries.
 - c. The four personal needs
 - i. Nurture: openness to that which sustains me. *letting in*
 - ii. Shelter: protection from that which harms me. *Keeping out*
 - iii. Creativity: expression of that which comes from within. *Letting out*
 - iv. Privacy: preserving and protecting that which is me. *Keeping in*
2. Relational needs: relationship as something which is more than the persons who create it. [the 1+1=3 model]
 - a. **To be known**: being known for who we know ourselves to be. [sidebar on the Jo-Hari Window]
 - b. **To be respected**: as distinguished from being admired... having our essential worth reflected back to us. [sidebar on shame and guilt]
 - c. **To be cared for**: as distinguished from taking care of... knowing that the other will make choices on behalf of our own interests. [sidebar on co-dependency]
3. System needs: needs of the whole organism, family, community, nation...
 - a. **Consciousness**, Awareness; knowing what the system and its parts need. communication, dialogue, feedback...
 - b. **Competence**; acting in ways that meet the needs of the whole system. Gathering and creating resources that meet the needs.
 - c. **Conflict resolution**; stretching scarce resources so that all get some of what they need. Ensuring the maximum ability of the whole to function. [sidebar on getting a cramp]

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We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.

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Martin Luther King, Jr.
