



ELEMENTAL RHYTHM

Uncovering Unmet Needs Process

After a client has uncovered their core wound (s), they can begin to explore their unmet needs and their relationship to those needs. This typically occurs after step 3 in the mind Work process.

Steps

Step 1: Review the list. Circle any needs that feel unmet

Step 3: Rank Needs by priority

Step 4: Rate Needs by how well the need is being met

Step 5: Create strategy for meeting needs in new ways.

Things to Consider

Can these needs be met by the self?

are they blocking others from meeting these needs for them?

What other ways can these needs be met?

Are there any other people who meet these needs?

NEEDS LIST

BASIC HUMAN NEEDS

- o Love & Connection
- o Contribution –give share & contribute
- o Significance – meaning in your life
- o Growth
- o Certainty - safety
- o novelty- change, stimulation

The need to feel loved & connected

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Companionship
Compassion
Consideration
Equality
Empathy
Inclusion
Harmony
Intimacy
Love
Mutuality
Nurturing
Respect/self-respect
Touch
Warmth
Sex

The need to contribute

To give
To create (all forms)
To write
To nurture
To assist
To be present
To support Presence

The need to feel significant

Empowerment
Competence
Belief Meaning
Effectiveness
To feel known
To see and be seen
To be understood
Admiration
Participation
Infatuation
Purpose
Validation
To matter
Authenticity
Integrity

The need to grow & develop

Self-Development
Self-Realization
Progress
Opportunity
Expansiveness
Integration
Awareness
Challenge
To Understand

The Need for Certainty

Choice
Autonomy
Independence
Space/Boundaries
Safety
Structure/Routine
Order/Stability
Support
Food
Movement/exercise
Rest/sleep
Trust
Peace

The need for Novelty

Movement
Change
Stimulation
Spontaneity
Sexual Expression
Experience
Travel
Discovery
Inspiration
Beauty
Joy
Playfulness
Humor
Flow