

THE HUMAN GIVENS - EMOTIONAL NEEDS and RESOURCES

The Human Givens are inbuilt needs and resources that nature has endowed us with. The premise is that when needs are met and when we use our resources correctly, mental illness and emotional disorders are unlikely.

The 3 main reasons that prevent you from getting your emotional needs met are:

- a) you are living and/or working in a 'toxic' environment
- b) you are misusing your resources (see the 'resources' section on page 4)
- c) you are suffering from psychological damage e.g. trauma, PTSD, abuse, addiction.

Unmet needs raise stress levels, resulting in us operating from the more primitive emotional part of the brain, leading to black and white thinking styles. We are then much more vulnerable to depression, anxiety, anger, addiction, low self-esteem, lack of confidence, and a whole host of other symptoms.

The following audit has been adapted from the book [*The Human Givens – The New Approach to Emotional Health and Clear Thinking*](#)

Rate how well the following emotional needs are met in your life right now, on a scale of 1 to 7 (where 1 means not at all and 7 means very well met). Be honest with yourself and use the guide on pages 2 and 3 to help you.

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|--|---|---|---|---|---|---|---|
| 1a Do you feel safe and secure at home? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| b Do you feel safe and secure at work/school/uni? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2a Do you feel you <i>receive</i> enough attention from other people? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| b Do you feel you <i>give</i> other people enough attention ? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3 Do you feel in control of your life most of the time? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 Do you feel a sense of belonging in your community ? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5a Can you obtain privacy or time alone when you need to? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| b Do you 'lose yourself' in a sport or hobby on a regular basis? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 Do you have at least one other person in your life who totally accepts you for who you are, physically and mentally? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7 Do you feel an emotional connection to other people? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Do you have status in life (whatever it may be)?
(Do you feel valued and acknowledged?) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9a Are you achieving things in your life that you are proud of? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| b Do you feel competent in at least one major area of your life? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10 Do you feel your life has meaning and purpose ? | | | | | | | |
| a) Are you providing service to others? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| b) Are you learning new things? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| c) Do you have a connection to something greater than yourself? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

HOW WELL ARE YOUR EMOTIONAL NEEDS BEING MET?

Guide to accompany the Emotional Needs Audit

- 1. Do you feel safe and secure?** Do you feel safe in your environment? In your home life, at work/school, uni/college? Are you confident at work? Are you being bullied? Do you dread social situations? Have you been assaulted in the past and fear it might happen again? Do fears stop you doing things you want to do? Does illness/pain make you feel insecure, leading to worry? Do you feel vulnerable because you are older/weaker than you once were?
- 2. Are your attention needs being met in healthy ways?** Do you spend too much time alone? Do you feel too shy/ unimportant to be with others? Do you spend too much time with overpowering people who sap your energy/seize the limelight? Do you get involved with things to win attention, e.g. just because a new friend is involved? How much sincere attention do you give to others? Are you interested in the thoughts, feelings and actions of others, or only in how they affect you? Do you get attention by your behaviour/ problems/ symptoms?
- 3. Do you have a sense of autonomy and control in your life?** Do you have enough, too little or too much responsibility in your work? Can you take responsibility for important decisions in your life? Does someone else have too much power/influence over you? Have you recently lost your sense of being in control? Do you feel you should be able to control things that you can't, e.g. how well your children do in exams, and blame yourself if things don't go as you feel they should?
- 4. Do you have a sense of belonging where you live and do you have wider connections?** Do you know people outside your close family/friends? Do you help others in any way? Are you involved in any church/religious/spiritual groups? Do you take part in any community groups/activities, e.g. drama, football, politics, keep-fit classes? Has something happened to change your activities, e.g. a new baby, illness, redundancy, disability? Have you stopped activities/ lost interest in things?
- 5. Can you/ do you obtain privacy when you need to?** Do you get space and time to yourself to relax, unwind and quietly reflect on things? Is there time for yourself to do your own thing? Can you get absorbed in hobbies/ sports on a regular basis so that you 'lose yourself'?
- 6. Are you accepted by at least one other person?** Do you have people in your life who are important to you and to whom you are important? Have you experienced loss? Has a relationship recently ended? Are you grieving for someone who has died? Have you lost touch with friends? Is there at least one person in your life who you can be yourself with and share good and bad times with in an open and honest way?
- 7. Do you feel an emotional connection to other people?** Do you share fun and laughter with others? Do you have a sense of how others feel – empathy? Can you feel rapport with others, like you are on the same wavelength?
- 8. Are you comfortable with your status in society?** Do you feel good about the way you see yourself? The way you think others see you? Do you feel suitably rewarded/ appreciated for things you do? Do you feel you should have achieved more and/or that others have done better than you? Do you feel that you fit in? Do you feel inferior or hostile to others or jealous of them? Do you long for what you haven't got?

9. Do you have a sense of competence/ achievement? On balance, are you doing what you want to do with your life? Do you have things/achievements that you are proud of? Do you enjoy the way you spend your time and feel satisfied by it or out of your depth? Do you feel there are things you are good at?

10. Is your life meaningful? Do you have people who need you – children/family/friends/work colleagues? Do you do things for the community? Are you being stretched by learning new things? Do you have activities that interest you and continue to challenge you? Do you have goals and ambitions? Do you have a philosophy of life (a spiritual, religious, or scientific belief) that connects you to something greater than yourself?

SCORING YOUR EMOTIONAL NEEDS AUDIT

Any emotional need that scores 3 or below is deemed to be a potential stressor.

The more unmet needs you have, the more stress you feel, leaving you vulnerable to mental ill-health and emotional disorders such as depression, anxiety, panic attacks, and low self-esteem.

This is the result of the 'survival brain' being in charge. Everything is assessed through black and white thinking: you fail at *one* thing and your *whole life* is a disaster.

But as you'll see on the next page, there is far more to you than the survival brain.

Good therapy involves helping you meet your emotional needs and develop your inner resources so that if and when problems arise in the future, you are more mentally equipped to deal with them.

Take the first step to meeting your emotional needs: [check out the hypnosis download from my hypnotherapy tutors...](#)



So, what are these resources I speak of?

On the next page we'll identify the other side of the Human Givens – the resources that nature gave you and resources you've developed throughout your life.

RESOURCES: INBUILT AND DEVELOPED

- The ability to develop a **complex long-term memory** – to learn and remember so that you don't have to keep learning the same thing over and over as if it was the first time
- **A conscious, rational mind** (the higher cortex) that can check out emotions, ask questions, analyse, solve problems (left hemisphere)
- **The unconscious/instinctive mind** (right hemisphere) that is creative, intuitive, stores long-forgotten memories and controls body functioning and automatic processes

*We utilise the resources of the unconscious mind when we use hypnosis. Indeed, the ability to go into trance is a human given and (when used correctly) is a resource in itself in that hypnosis helps us access **nature's optimal learning state (the REM state)**. It is where new templates, patterns and expectations can be created in the brain.*

- **The ability to build rapport, empathise and connect meaningfully to other people**
- **A powerful imagination** which can allow you to focus your attention away from the emotions of the survival brain so that you can problem-solve more objectively. (Many problems, such as [depression](#), are caused by a misuse of the imagination (worry) combined with emotional arousal). Use your imagination carefully!
- **An 'Observing-Self'** – that part of you that can step back from emotional arousal and past conditioning. You can then be more objective and see things from a larger perspective with awareness, understanding, and compassion. [Read more about the Observing Self](#)
- **A dreaming brain** that, when you sleep, diffuses emotionally arousing introspections not acted out the day before. (The purpose of dreaming is to turn off the stresses and emotional arousals that were not resolved or acted out the day before).

Other resources include...

- Your talents, skills, abilities and successful coping strategies that you've used in the past
- Your previous successes that you can build on, however seemingly small or insignificant
- Your close and genuine friends, family members and support network

By developing and using your resources correctly, you can meet your emotional needs in more healthy ways. This results in your being able to function better in the world with a sense of emotional balance and mental well-being.

For more info about hypnotherapy (and how my approach can help you) take advantage of a [Free Online Discovery Session](#)

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