

## OUR FOUR BASIC NEEDS TO FUNCTION AT OUR BEST

1. Fill out each box with how these needs are met in your life

<p>LOVE / SHELTER / FOOD/ SAFETY</p> <div data-bbox="159 385 772 667"></div>	<p>ENCOURAGEMENT</p> <div data-bbox="813 385 1426 667"></div>
<p>NEW EXPERIENCES</p> <div data-bbox="169 792 778 1075"></div>	<p>RESPONSIBILITY</p> <div data-bbox="813 792 1426 1075"></div>

2. Think about: are there any of these 4 needs that is out of balance- ?

FOR EXAMPLE:

Are you a person who

- have a lot of new experiences but might need to take more responsibility?

Or

- are you a very responsible person who perhaps need to allow yourself more new experiences?

Or

- are you a person who is very low in encouragement, perhaps you need to find somebody who will encourage you, perhaps you need to develop self-encourage skills? Perhaps you need to find fun but healthy hobbies?

Or

- are you a person who don't feel safe at home, who might need to look for help to feel safer

Or

- are you a person who gets a lot of encouragement but who needs to take responsibility to encourage others around you?

It takes time to create the right balance in our lives, but when we know what we need we can start thinking of ways to fulfil these needs, think about who we need to ask or what we need to do.