

# Stronger Relationships

Workbook

"Whatever you see in me is a mirror" Peggy Dylan

Nude-Thinking Counseling

# contents

workbook



## INTRODUCTION

### 1. EVERY INTERACTION IS A RELATIONSHIP

Let us start this journey with a reality check

### 2. BASIC HUMAN NEEDS

We are driven by our needs and that makes them key to our relationships

### 3. EXPECTATIONS

How does what we expect influence how we show up

### 4. EVEN MORE EXPECTATIONS

We are not quite done yet...

### 5. COMMUNICATION

So how do we express all that we have now learned of ourselves?

### 6. THE BUILDING BLOCKS OF A SUCCESSFUL RELATIONSHIP

# Basic human needs

What is it that drives us as humans? It seems like an impossible task to deeply understand what makes each of us behave and react in our own very personal way. But when I tell you that every (re)action is driven by our desire to meet a need, you will probably think this is perfectly logical. Funny huh, it really is that simple when you deconstruct human behaviour.

Anthony Robbins has made human needs psychology available for us to unravel our own behaviour and that of those around us. Looking at this for yourself will help you understand what has been driving your decision making. Looking at this from a relational perspective will give you insight into each others key needs and to what extent the relationship is fulfilling them.

Lets first look at the 6 basic human needs which comprise of 4 primal and 2 spiritual needs.

## THE 4 PRIMAL NEEDS

### 1. Certainty

Maslows pyramid showed us the importance of this need already. Without safety, food, a roof over our heads, the most basic of needs, we cannot function on higher levels. Life gets very real and raw when we are unsure where our next meal is coming from or how you can pay next months rent. In times when these basic physical needs are under threat, we may seek mental certainty in ie. religion or positive thinking.

### 2. Uncertainty (variety)

In a stagnant life, we doze off. We need the stimulus for change in our mental state. And there are many ways to get this, such as exercise, travel, food, entertainment, art, and so on.

### 3. Significance

Another basic need we all have is to be seen, to be valued, to matter. You want to be special. And you are probably thinking that this is achieved by being successful, being beautiful, talented, by being valued for your contributions. True, but there are other ways to get your need for significance met, like using anger or helplessness, being pitied and even illness. Not in all cases obviously, but it can certainly happen that this pattern emerges.

### 4. Love & Connection

This need needs little explanation. But here too, remember that the pink fluffy explanation may not be the only means. We can feel deeply connected in having a common enemy or cause for instance.

# Basic human needs

## THE 2 SPIRITUAL NEEDS

### 5. Growth

Look at the world around you. There are 2 options: grow or die. That is the way of nature and this is what humans seek. And off course this is not always a physical thing, expanding our spiritual and intellectual capacity is just as key.

### 6. Contribution

We need others for our survival, not simply for them to help in our lives but we need them just as much to contribute to their lives. We are not fulfilled in our souls when we have not had this opportunity.

Before we dive into the question of how this applies to your relationships, lets have a look at your personal insights.

### Exercise 3

Step 1: What are the ways you get...(fill in)

CERTAINTY

positive

negative

# Basic human needs

UNCERTAINTY

positive



negative

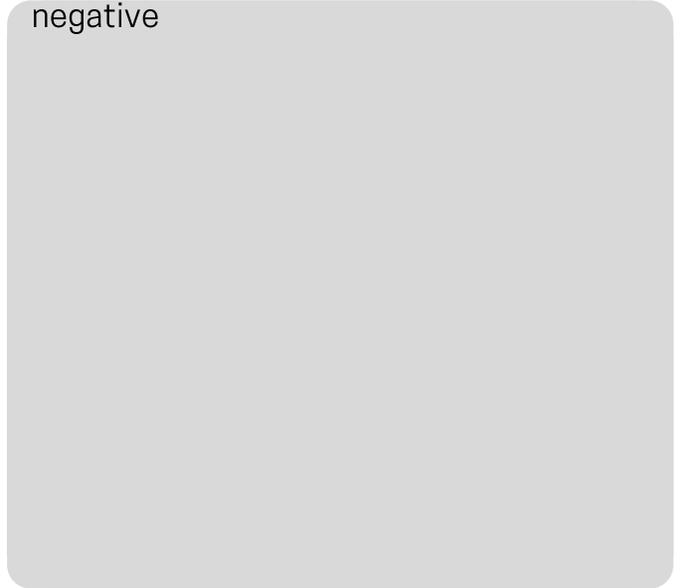


SIGNIFICANCE

positive



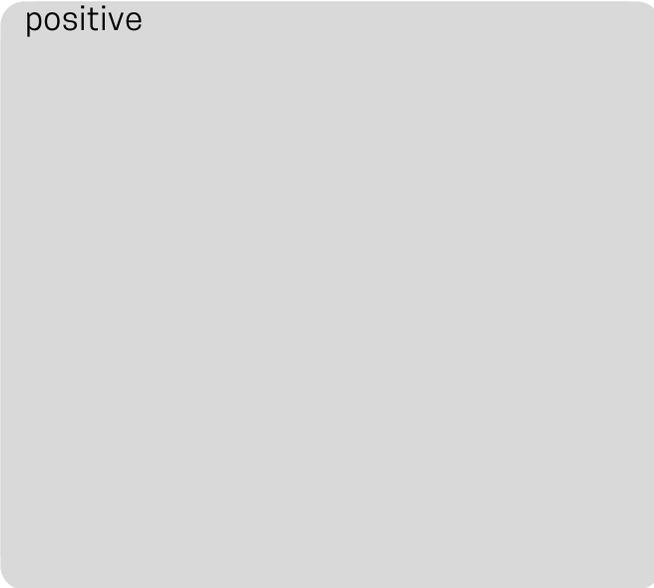
negative



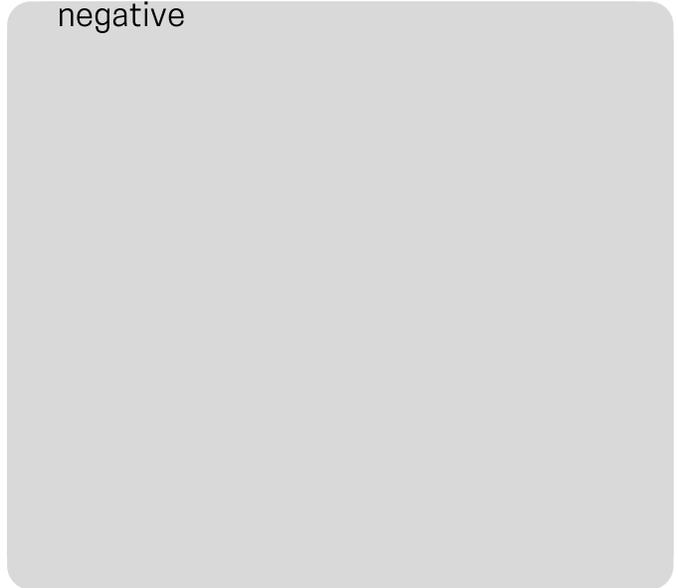
# Basic human needs

## LOVE & CONNECTION

positive



negative

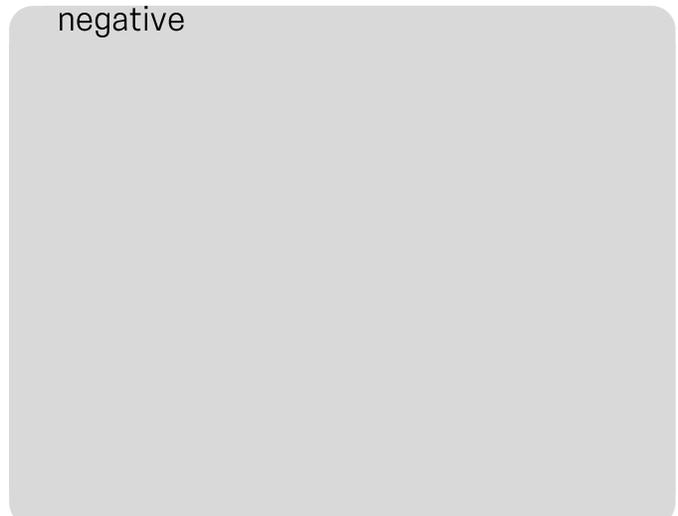


## GROWTH

positive

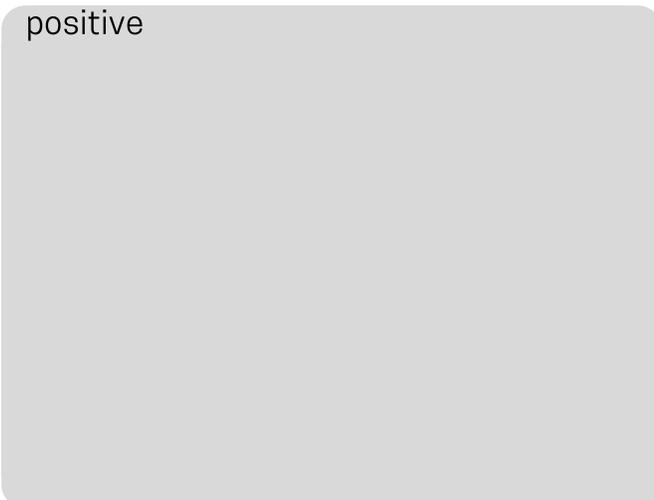


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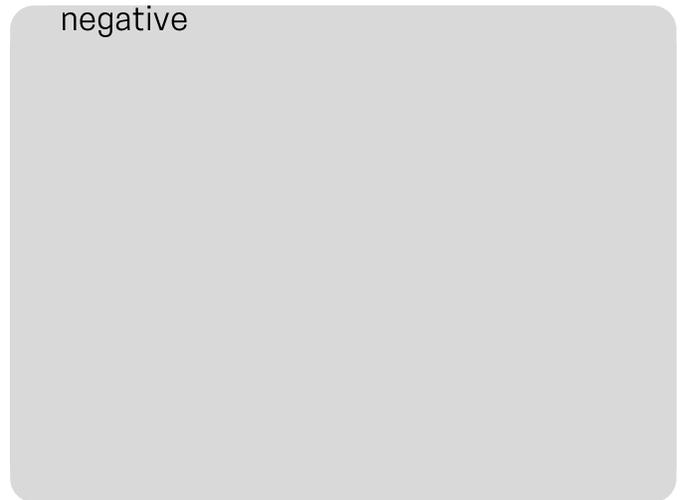


## CONTRIBUTION

positive



negative



# Basic human needs

Step 2: We tend to have 2 needs that we value above the others. Which 2 would you say are yours? If you are uncertain, this is where asking another who knows you well can really help.

Step 3: What are consequences of that prioritisation for your life?

A way to make changes in your life is to change the weighted value you place on the needs. Shifting the order on your list can impact your life greatly.

## Needs of the relationship

Now that you understand the basic needs a little better and have looked at your own list, lets bring it back to relationships.

We seek to fulfil the same needs in a relationship as we do in the rest of life. And knowing and understanding each others key drivers (top needs) allows us to deeper understand what shows up in the relationship.

Let me clarify this with an example. Say the key driver for partner A is significance and for partner B it is uncertainty. What is showing up for them is that partner B has a bunch of hobbies and social gatherings in their live to meet that need because partner A is always working and has little time for this. Partner A on the other hand is working more and more because they no longer feel like it is important for them to show up at home, they will not be missed. At least at work they are appreciated. This creates a rift. By not understanding this, they each are unable to work on finding a way to fulfil the others needs, they are seeking this outside the relationship.

Having your needs met in the relationship will not mean that you do not also desire to experience life outside of it. There is no such thing as a one-dimensional need. The significance you may experience as a parent does not take away your need to feel seen as a partner or colleague. What it can do is influence the extend to which you are seeking it in other places. Herein lies another awareness issue for the relationship. The more we are fulfilling our needs elsewhere, the less we will seek it in the relationship rendering it less valuable in our lives.

## Exercise 4

This exercise is very interesting to to together with the other person you are in the relationship with. But keep in mind that it needs commitment to total honesty to really allow your truth to show itself. However painful to the other.

The benefit of doing this together is that you will understand each others journey to those answers and can share how this came to be and what you would like to create together.

# Basic human needs

- For each of the 6 basic needs, write down how you feel these are met in the relationship. Try and put a percentage even to how high the level of fulfillment is for you.
- Now look at the needs with percentages below 50%.
  - Is this need being met elsewhere?
  - Can you remember when and how that started?
  - If this need is not being met anywhere, how are you trying to fulfill your need still?
  - What is your ownership of this current situation?
  - And what would need to change, in you and in the relationship, to allow a shift towards greater fulfillment?
  - What would be the most honest and clear way for you to express to your partner what your insights are now (what words and intention are important to emphasize)?
  - Think about what it is you truly desire from the other in this relationship. How would you make yourself understood?
- Move to the needs with a percentage between 50-70%.
  - What would need to change, in you and in the relationship, to allow a shift towards greater fulfillment?
  - If the above did not clarify what opening there could be, then please answer the above questions as well.
- As for the 70-100% needs, keep them alive, nurture that. Do not be so content that the percentages start to slip. Any relationship needs maintenance.

It may be that you cannot accept anything but 100%. My first question to you would be: is that an expectation you have for every relationship? There may be a difference there.

Another thing to think, and feel, about is whether or not you expect this to be a constant in the relationship, whatever happens. And right after that you could look at where, what percentage, you estimate your relational partner would put the relationship. If there is a difference, then a starting point is to discover together what feeds that.

So use the human needs as a tool for insight and inquiry. Keep coming back to this over time, as you will grow and this may influence your priorities. I had this insight myself. I was feeling out of balance, funky, and I was projecting this on my relationships, on many external factors, while knowing it was a deeply personal process. It felt like depression even. And then I decided to take action and train with Anthony Robbins where I was introduced to these basic human needs. My discovery was that I was still steering my life by the 2 top needs of my past. But I was no longer in that place. Things had shifted. And my decisions therefore brought me little joy as they were motivated by a need that was simply not that important anymore. What an insight. I can honestly say that my experience of life instantly changed. And yes, old habits die hard. But knowing the joy when I come at life from that new place, is a very strong motivator. Really strong!