

Needing - Core Issue 2

Core Issue: Right to need, right to express own needs.

Can I trust to you be there for me, do you understand me, will you respond to me & my needs, will you nourish me, will you not abandon me?

In Neo-Reichian Theory -> Developmental Stage:

From birth to 18 months

Likely Activation:

At difficulty or ending of a relationship; when tired, hungry, ill; when feeling rejected, ignored.

Emotional Need:

Needing nourishment, connection, understanding, contact.

If early experiences of this core issue are "good enough":

Will develop sense that it is OK to have needs; will trust others; will be able to be sensitive, responsive and stable; will know and accept own needs and express them.

If early experiences of this core issue are not really good enough, the deep emotion repressed in the bodymind will be:

Longing - for connection, understanding, warmth. Left with a sense that there is never enough (food, nourishment, understanding - 'not enough mummy in the world'); feeling deprived "life is unfair". Collapse and despair. Will feel helpless/dependent on others for good things in life ("trained helplessness"); or will give a show of being fiercely independent ("don't need you / anybody") .

Defensive Responses:

Making oneself needed by another, pleasing, co-operative; giving to others what one needs for self; nurturing others; 'helper'; co-dependency. (*Also known as: Orality, Needy or Helpless Pattern, Helper Syndrome*)

Breathing of stressed needing pattern:

Reduced in-breath, long out-breath.

Tensions in body:

Around mouth; around whole digestive tract; upper chest & arms (reaching out); shoulders; legs, knees, toes; often knees locked.

Needs to learn:

To accept having needs, be sensitive to/honour self and own needs; to ask for & accept help / nurture; not to abandon self & other; enoughness & self-sufficiency; that others don't have it all; trust in self & others; develop peer-relationships (not parent-child). Accept own strength.

Strength & Skills:

Ability to be warm, understanding, supportive; to make others comfortable, to make a good home; to care for others & look after their interests; to be very physical & connected to the physical world.

How to get yourself out of needing trap:

Notice your feet on the ground, breathe into your legs; wiggle your toes.

Do regular leg exercises. Breathe in & out equally (stop breathing out too much).

Notice your own body, especially your own back – breathe down back.

Focus on what would make you more comfortable, right now.

Get a massage. Give yourself something. Phone a friend.

Less time for others, more time for self. Hug a teddy / a cushion.

Don't share everything – keep something for yourself (also some secrets).

Focus on the world around you, the earth, the trees, the song of life.

Express gratefulness for what you have.