

The Importance of Understanding our Innate Emotional Needs

A seminar to learn:

- 1. a useful tool to measure your own stress levels and that of your children**
- 2. an easy but very effective technique to lower stress levels and become more resilient**
- 3. how to maintain a happier family unit through greater empathy and taking responsibility**

Julia Langensiepen BA (Hons), HG DipP, MHGI - psychotherapist and life-coach

Outline of the Seminar

- About Me
- The Human Givens (what is given to us as humans at birth?)
- Exercise 1 - ENA (The Emotional Needs Audit)
- Case Studies
- Exercise 2 - 7/11
- Your Child's Needs
- Focus On Prevention - tips
- Q&A

About me & the way I work



**Life is about using the whole
palette of colours, not feeling
stuck in black and white.**

The Human Givens

- We are all born with innate knowledge programmed into us from our genes, which is why we call them 'human givens'.
- This refers to our **physical but also emotional needs**.
- We also have **resources** genetically imprinted into our DNA; our rational brain, long term memory...to help us get our needs met.

The ENA

Emotional Needs Audit

- What is it?
- How well are your innate emotional needs being met?
- How I use it with my clients?
- What makes it so useful? (Oxygen mask metaphor)

Exercise - The ENA

Emotional Needs Audit

	NO	SOMETIMES					YES
■ Do you feel secure in all major areas of your life (such as your home, work, environment)?	1	2	3	4	5	6	7
■ Do you feel you receive enough attention?	1	2	3	4	5	6	7
■ Do you think you give other people enough attention?	1	2	3	4	5	6	7
■ Do you feel in control of your life most of the time?	1	2	3	4	5	6	7
■ Do you feel part of the wider community?	1	2	3	4	5	6	7
■ Can you obtain privacy when you need to?	1	2	3	4	5	6	7
■ Do you have an intimate relationship in your life (one where you are totally physically and emotionally accepted for who you are by at least one person, this could be a close friend)?	1	2	3	4	5	6	7
■ Do you feel an emotional connection to others?	1	2	3	4	5	6	7
■ Do you feel you have status that is acknowledged?	1	2	3	4	5	6	7
■ Are you achieving things and competent in at least one major area of your life?	1	2	3	4	5	6	7
■ Are you mentally and/or physically stretched in ways which give you a sense of meaning and purpose?	1	2	3	4	5	6	7

Exercise - The ENA

a shortened version - rate from 1 - 7 pls

1. Do you **feel secure** in the major areas of your life like home, work, environment? 1 2 3 4 5 6 7
2. Do you **feel in control** (of your emotions/situations/your life) most of the time? 1 2 3 4 5 6 7
3. Can you **obtain privacy** (fun, free time) when you need to? 1 2 3 4 5 6 7
4. Do you **feel you respected** for who you are? 1 2 3 4 5 6 7
5. Are you **feeling sense of success/achievement**? 1 2 3 4 5 6 7

Case Studies/Examples

- Jo - a full time mother who is suffering from stress
- John - an adult client with anger issues

Exercise - 7/11

A Quick and Easy Centring Technique

- Sit down with both feet squared on the ground
- Put one hand on your chest and the other on your stomach
- Breathe in and out - which hand is moving more?
- Breathe In, feel your stomach lifting slightly
- Breathe Out, feel it gently lowering
- Repeat while I count up to 7 on the in breath, and 11 on the out breath.
- Now repeat with eyes closed if that feels comfortable.

Your Child's ENA

- **Feeling secure**
- Feeling accepted and appreciated
- Having a sense of belonging
- **Feeling they have some control** over what is happening to them
- **Experiencing success**
- Having a close relationship with at least one person
- Being rested, having appropriate opportunities to learn, move, exercise and progress
- Having free time and space to be creative, play and have fun



Recognising Unmet Needs

To What Degree Are Your Children...

- Feeling secure, loved?
- Feeling accepted and appreciated for who they are?
- Feeling they have some control over what is happening to them?
- How does that leave us feeling, when our kids argue or come home with another warning from the teacher?
- What can we do? (Prevent rather than react).



Focus on prevention

A few action points

- Be realistic in your expectations of **yourself** and others.
- When you feel challenged do the **7/11 breathing**, then act.
- Know and believe that your child wants to be good for you.
- Try to see things from 'their' perspective - Hidden behind every misbehaviour is a genuine need that is not being met.
- Try to catch your children doing something well and praise!
- Build in regular **Emotional Needs Audit** review sessions.

**What are you
taking away
from this?**

**What are you going to
be doing differently
from now on?**



**If you want to find out more join
me in one of the 'Parenting More
Mindfully' Workshops**



happy
parents

happy
children

Contact Details



*“Learn to self-nurture,
to thrive and enjoy life”*

Julia@NurturingLife.Co.Uk
07917 870767
NurturingLife.Co.uk