

How Do You Fill Your Basic Needs?

(from p17)

Choose your habitual response to one of these situations: conflict, uncomfortable conversations, mistakes, criticisms, judgments, blame, losing or bad luck. You could always think about your responses to winning, fun teamwork and all the good stuff, too.

Feel free to contemplate; no need to speed through this exercise. Consider observing yourself over a week to see what you tend to do automatically, without realizing it until after the fact. Notice your behavior and wonder which need(s) you're trying to fill (see pages 9-10 for a reminder of the basic human needs).

You might notice yourself being controlling in face of mistakes, as an example. Which need(s) do you think that behavior seeks to fill?

Enjoy getting to know yourself better using a judgment-free perspective!

