

## **BASIC PSYCHOLOGICAL NEEDS (Harper & Hoopes, Uncovering Shame)**

Understanding these basic psychological needs can often lead to an awareness that enhances the parent's ability to adequately address these areas of need with their children. We encourage you to be aware and responsive in the areas that Harper and Hoopes outline. A brief synopsis is contained the outline below, for maximum understanding you may want to order their book.

**1) INTIMACY**... children are shamed when intimacy is withheld, and or when the atmosphere is abusive. Intimacy is emotional openness and honesty. Unconsciously children harbor incidents of failure, being brushed aside, hit, pushed away, discounted, and ignored.

**Games:** *protective maneuvers, cover-up, conning, cynical remarks, reclusive behavior that sometimes looks like exclusiveness.*

**2) PRODUCTIVITY**...when children live in systems in which they never are able to fulfill the implicit and explicit assignments, (clean your room, rub my back, get me a drink, take out the garbage...) and rarely receive any recognition and approval, they tend to view themselves as unproductive. Later appear very productive and successful. Accomplishments won't nullify the feelings of shame.

**Games:** *"the hell with you... don't even try to get close."*

**3) DEPENDENCY**...when parents are resentful in meeting the needs of children to be dependent, the messages might include, "It costs a lot to feed you, Life is hard, I can never get ahead, I can't do what you want, You are in the way, but I will take care of you anyway. Parent's messages of victimization and martyrdom produce a response that is much deeper than rage, anger and hurt. That response is humiliation. Belief is that I am bad... worthless, powerless, not worth your time.

**Games:** *"I'm no good, I'm not worthy"*

**4) SENSE AND ORDER**...shame produced by "craziness", double messages, lack of follow through, lack of teaching. Parents usually can't make sense of their world and so parent with rigidity and unreasonableness, prompted by their fears. The shamed individual fears exposure, because they sense that being vulnerable will lead to abandonment. Sensing the helplessness and feeling intense pain and fear individuals medicate with ADDICTIONS of all kinds, (alcohol, tobacco, drugs, food, religion, gambling, sex, relationships, etc.) In an attempt to find an escape from their untrustworthy world, they hook up with the addiction. They seek "distorted and disabling relationships in the addictions. This is in an attempt to find security without fear. Through medicating the pain, the illusion of safety and order can be maintained for a while. Become masters at manipulation and power.

**Games:** *I'm afraid, you scare me, "come close, no, go away"*

**5) UNIQUENESS**...When individuals experience a chronic failure to meet their need for uniqueness, they end up feeling TERROR and experiencing EMPTINESS that accompanies the deep rooted belief that they are bad and worthless and that there is no hope for them. If they don't feel unique, special and different from others, then the pain can be so great that they deny all feelings and as a result experience emptiness. LONELINESS is a common experience to all humans... shame prone individuals experience as an affirmation that they are empty, isolated, unacknowledged, instead of I am on my own, oneness with self, etc.

**Games:** *"I'm a zero, no one can change that"*

**6) CHOICES**...When children believe that they have no choices, or that their choices make no difference, they tend to experience a sense of loss for needs in general, the need to initiate behavior, failed attempts at success, etc.

Adults; fate is natural, emptiness, lack of choice, self-initiation is very foreign, many losses fuel unresolved grief, no positive energy, no hopes or dreams, no sense of a chance for fulfillment. Daily rituals, habit and fear keep the couple together.

**Games:** *"find me, if you can"*

*When psychological needs are not met, some very predictable results can occur. The "games" listed above are the most typical responses to the unmet needs.*

*As adults, there are a variety of ways to meet those needs. After identifying what needs are being unmet, or at least not being met to the degree that works for us, then we can move on to techniques. Some of the following methods tend to help;*

*1. Family of Origin work, 2. Needs Safety Map, 3.Substitution, Reenactment, 4. Control and Predictability focus, 5. Relationships managing.*