

BREE HOPE
Conscious Parent and Child Coach

A New Perspective on Challenging Behavior

How to use the 6 Basic Human Needs for your healing journey.



An accessible and actionable resource guide to the 6 Human needs, how to understand what each challenging behavior means and guiding questions to lead you on a self-exploration toward healthier behaviors and improved relationship dynamics.



THE 6 BASIC HUMAN NEEDS

All behaviors are the outward manifestation of our inner thoughts and feelings, or, what I call ENERGY. From my perception, **there is no such thing as bad behavior** as each behavior meets a deep human need to be loved, seen, cared for, acknowledged. So, I separate behaviors into healthy behaviors and unhealthy behaviors. AKA behaviors that lift us up and create stronger healthy connections versus behaviors that create more suffering, tarnish our connections, and in the long run, are taxing on the mind, body, nervous system, and soul. **Everything in life comes back to relationships** – with self, others, and the environment.

For adults, certain behavior can affect your connection with your partner, health, impact your work, lead you into debt, addictions, leading you farther and farther away from your Self, your true essence. The more we maintain these unhealthy behaviors the more find ourselves in perpetual unhealthy relationship dynamics and repeated ‘unwanted’ experiences.

For children, certain behavior can impact their grades, affect their relationships with adults and their peers, self-confidence/worth, create chronic illness, addiction to video games, and more.

Below is a list of 6 Basic Human Needs. REMEMBER, **the first step in healing is becoming aware by being honest with yourself and looking closely at your patterns and behavior.** Think of this PDF as a guide but remember that the work begins with you, just as your friendly flight attendant shares “put on your oxygen mask first before assisting others.”

~ BREE HOPE ~

**The key to shifting a behavior is to ask yourself:
“what human need am I trying to meet with this
behavior?”**



NEED TO KNOW

- The first four needs are the needs of the personality. These needs are essential to human survival.
- The last two needs are the needs of the soul. These needs are essential for human fulfillment. They are the needs of the spirit and not everyone finds a way to satisfy them, although they are necessary for lasting serenity.
- If we have a habit or use an emotion and it meets 3 or more needs- we become addicted. Addicted to being angry, sad, depressed or drinking, eating, or smoking.

STEPS TO SUPPORT YOU

- **Everything is Energy.** When you want to release a way of being without going through years of therapy and want that instantaneous shift (which if you're here reading this PDF you answered "YES!") see the pattern/behavior as energy.
- **Be honest with yourself.** Use the list and examples below to determine what need your behavior is meeting.
- **When supporting your child:** If you are looking to understand your child's behavior and the need(s) they are trying to meet, ask yourself "Did I have this behavior as a kid?" and/or "Do I still have this behavior, even though it might look more refined?" (Most likely you or your partner have or had this behavior).
- **Ask yourself: "What need does this behavior/energy meet and why?"** (The why gets you to go deep! It is not always necessary but if you want to replace the unhealthy pattern with a healthy one you have to become aware of why you called this energy/behavior to you in the first place).
- **It's all ok:** Getting to the why and loving yourself more: You may be irritated or experience shame, sadness, or any plethora of fear-based emotions, judgment. It's all ok. You may think that
- **Getting to the "Why?", Compassion, and Loving yourself More:** Remember you created this energy. When you were a kid you needed this energy because without it what would've happened? You may have been ignored, wouldn't have survived, wouldn't have been accepted. *EVERY UNHEALTHY PATTERN IS A COPING MECHANISM that allowed you to survive.* Even if it's not serving you today it *INDEED* served you then.
 - Example: Let's say you are the rainbow sheep of the family. If you didn't have a pattern (anxious like your mother, rageful like your father, etc.) that fit with them. Think about what that means to a kid to not belong to their family. So BOOM MIC DROP you take on a pattern to look like them. Genius!
- **Once you have your determined how this energy served you (you are the dominant force, not it), BE GRATEFUL:** Being grateful allows you to love yourself and thank the energy and the intelligence you had to call it to you because without it, you wouldn't be who you are today. Even if, for this moment, who you are is not someone you wish to be. It brought you to healing, to Self, to be on a path of great love. (I speak from my own experience).

STEPS TO SUPPORT YOUR KIDS

- **USE STEPS 1-7 ABOVE FOR YOURSELF FIRST.** This work brings you into great compassion for your young one – whether it is your child or inner child.
- **Then, walk through steps 1-6 to get to know what's going on in the inner workings of your child at this moment.** You may wish to have a conversation with them, be vulnerable and ask them if they feel safe (certain), bored (variety), significant/important, loved/connected.

If at any time you want more support with what to do after this awareness, schedule a free consultation with me at bree@breehope.com

1. CERTAINTY

We all need to feel safe and have a sense of certainty and security. Robbins-Madanés Training (the life coach certification I took) explains that this is the number one need of all women, to know that they are safe and taken care of. We need certainty to feel safe and avoid pain. Certainty makes us feel comfortable in our environment. For example, we all need a roof over our head, knowing where the next meal will come from, knowing where to get help when sick, and knowing that a neighbor won't attack us. The degree varies with each person.

Common Adult Behaviors (some also relate to young children and adolescents):

- We use unhealthy habits to meet our need for certainty such as, eating, shopping addiction, smoking, drinking to feel safe/avoid pain.
- Become depressed, checked out, withdrawn, or sad so people immediately come to our aid thereby meeting our need, so we no longer feel alone or isolated.
- Gossiping to fit in with others. *If you talked about yourself versus others would you be accepted and feel safe?*
- Doubt: We hold onto the energy of doubt so someone can come and give us clarity or tell us what to do. I am certain that when I act confused someone will always come to give me direction.
- We hold onto arrogance so we are certain that we won't be hurt. When you hold onto arrogance you energetically put yourself on a pedestal so that you can't see others and they cannot see you.

Common Children Behaviors:

- Saying "I don't know" when you are sure they do or not raising a hand to participate.
- Shutting down or fighting back when disciplined (avoiding pain or staying safe).
- Will say "there's no hope, they'll never be good at (insert subject, sport, arts, or making friends)." Often will say they don't feel good. (This pattern I've seen also because the parent has made a comment that when they were in school they were also bad at the same thing. Child wants to be loyal and fit in with the parent).
- Have a tantrum because they don't want to leave the house.
- Some kids may make certain faces, do something with their body (hold it in a certain posture) all because it brings them certainty and a sense of safety.
- Calls out and doesn't follow the rules – needing more attention and taking time from the class for the teacher to specifically speak to her/him/them.

Questions To Consider:

What patterns do I have that make me feel safe and avoid pain? Are they healthy? Do they impact my ability to feel free and divinely loved? Did my own parents have these patterns?

2. UNCERTAINTY

We need variety and challenges in our life to exercise our emotional and physical range and to feel alive. Your nervous system, body, and mind cannot maintain or sustain one energy for too long which is why you create or bring in new energy to create uncertainty, excitement, exercise, suspense and/or surprise. The excitement/thrill/reaction that comes from variety is necessary to feel alive. For many, a major source of variety is to experience problems/drama.

Common Adult Behaviors:

- Saying something to get a reaction.
- Worrying about the worst case scenarios when everything is going fine.
- Or, on the flip side: Participating in unhealthy behavior because you're feeling good and think "what's the worst that can happen?" Over-indulging/ Cheating on your partner (emotionally or physically).
- Running late to appointments / never on time (enjoying the thrill).
- Do you pick fights with your friends, partner, or children that are not necessary?

Common Children Behaviors:

- Variety to some children can also be their need for independence and individuality. Some children may want to get a reaction so they steal a toy, throw something, get over hyper, get upset about the littlest thing.
- In school I have seen the need for variety to be when everything is going smoothly and they decide to throw something without thinking (had a student once throw a glass mason jar at another student- also met a need for independence/significance - the next trait).
- Getting into a silly fight with friends at school (you see this in young girls often).
- Healthy variety can look like playing sports or making up a dance.

Questions to Consider:

Have you ever had an experience where everything is smooth sailing? Then, all of a sudden the moment you become aware of the peace your mind shifts to "when will the other shoe drop?" Do you thrive on the drama? Do you procrastinate to feel the joy of rushing?



3. SIGNIFICANCE

We need to feel important, needed, wanted. Tony Robbins explains this as the number one need for all men. I don't think it's gender specific but I can see many men like to "save" the day – and women too. Significance can come from comparing ourselves to others. We can feel significant because we have achieved something, built something, succeeded at something, or we can seek significance by tearing others or something down. If we are solely focused on significance, we will have trouble truly connecting with others.

Common Adult Behaviors:

- Savior-victim complex: making something wrong so someone can save the day, venting for love and affection, having low self-esteem so others lift you up.
- Choosing a bad behavior (ex. smoking) because it is the one thing that makes you feel good.
- Overworking because that is what gives you a sense of achievement (you can count on it that at work you'll always be appreciated where at home you may not).
- Stirring up insecurity in your partner, friends or children to feel powerful and get them to bend their needs to suit yours (another way to subconsciously take someone's power and make them fight to get it back – thereby making you feel significant).
- Blame/Arrogance/Bullying.

Common Children Behaviors:

- Bullying.
- Complaining to the teacher (tattle-telling).
- Yelling to prove a point, clenching fists, stomping feet, cursing at adults.
- Being disruptive in class while others are working.
- Acting like a baby (baby voice), saying I don't know often to get more attention.
- Acting like an adult (being the most mature one in the class but not showing true child age/self to others).

Questions to Consider:

What are some things I do to feel significant, important, that I matter? Do I put myself down so others come to my rescue? Am I the one that needs to always save the day, make the plans, direct others? Can I let someone else lead? Do I make others wrong so I am right? Do you choose unhealthy risky behavior because it makes you feel powerful (knowing you can smoke or drink or watch your diet because it is the only thing you can control?)



4. LOVE & CONNECTION



All humans need this. Even if you don't experience love you still have many ways of feeling connection with others – in community or workplace.

Common Adult Behaviors:

- Going into old patterns with your family (acting like a teenager/whining/complaining).
- Gossiping or complaining -Most people gossip or complain as a source of entertainment
- Relating to others and putting yourself down just so they feel love and connected (dishonoring yourself).
- Going along with the crowd even if it's not in integrity with what you want. Being a "YES" person at the expense of yourself.
- Being checked out or saying you've had "too much" or "constantly need a vacation" to connect back to yourself.

Common Children Behaviors:

- Getting angry or fighting other children to support and strengthen their current friendships (hanging with the "wrong" crowd).
- Pretending to be younger or older than they currently are.
- There are some families where love is expressed with aggressive language, skepticism of others, mistrust of everyone. In this case, you see students use this way of being at school and project this dynamic with teachers to connect with them as they do with their primary caregivers.
- Ignoring friends and adults (needing space when they are angry or using silence as a tool to signal for others to come closer and make a connection).

Questions to Consider:

What are some things you do to receive love? What are some things you do to receive or experience connection? What patterns do you portray when you need to connect back to yourself? Think of some relationships you've been in. When you are angry do you ignore your partner and wait for him/her/they to notice and change their behavior (aka manipulate) so that they will show you love?



~ NEEDS OF THE SOUL ~

5. GROWTH

We need to grow as human beings because when we stop growing we die. This is a need for change and development in mind, body, and spirit. Example: we need to grow emotionally by our experiences and intellectually as we respond to events and the world around us.

Congratulations! Sometimes it is hard to grow when you are meeting the first four needs in unhealthy ways. That is what leads us to grow and seek out information like this PDF. You can instantly shift out of the first four needs by meeting the need for growth. When triggered, ask yourself “what do I need to grow out of this pattern?” You’ll get the answer and BOOM! INSTANT CONNECTION TO YOUR SOUL. That’s the name of the game of this life here on planet earth being one with your soul, consciously growing and transforming.

6. CONTRIBUTION

This regulates all other needs. Contribution means to go beyond our needs and give to others. A life is incomplete without the sense that one is contributing to others or a cause. This is essential to a sense of fulfillment and happiness.

Sometimes when you don’t know your purpose it is because all the other patterns and limiting beliefs are preventing you from seeing your soul, from seeing yourself as who you truly are. Once you unpack the layers you naturally want to serve. Service in general, even at any stage in your life will humble you because we are all here to be one and support one another.

*Schedule a free consultation today!
Email me at: bree@breehope.com*

