



Every living thing interacts with its environment to get its needs met

- # No exceptions - If it is alive this law applies
- # All cultures, all genders, rich or poor - everyone



Trees have limited interaction with their environment. With awareness we can make choices - we can change our environment.

We make choices by how we make sense of our world, and whether we are getting our needs met or not.



Human needs are more complex, they move and change environments:

- physical – houses, farms, town, city, country
- social – relationships with family, kids, community
- virtual – internet, phone, networks, games, porn



How do we make sense of our world?

By **pattern matching**: 'it is like'.



All behaviour is needs driven

- # Stimuli (something happens) and response (we act/respond)
- # We are aware of some stimuli like a physical threat, but mostly not aware of the stimuli of emotional needs.



Emotions are a preparation for action with an expectation that the action will meet a need

- # emotions are below awareness - they are neither positive or negative, they just are
- # feelings are felt, and they can be good or bad - joy, sadness, peace, anger
- # mood is our behaviour seen by others

Sadness ----- Joy

Mood can be shown on a scale, with joy up one end and sadness down the other.

- # a healthy person moves in a mid- range on this scale.
- # problems arise when one slides down the sad end and can't seem to get out of it.
- # it is called depression (too far and for too long down the sad end of a mood scale).
- # slide further down the scale from depression into despair and suicide can happen.

Preparation with action ...

- # When we are interacting with our environment
- # Engaging with life
- # Aware of who we are – our identity
- # With awareness comes choices, and with a sense of control,
- # We make decisions about ...

someone to love -- something to do -- something to look forward to

Preparation with no action – we have to deal with what happens, not what we prepared for.

- # mostly what happens without our choosing is not good
- # our needs will not be met
- # we get overwhelmed and ...
- # we lose a sense of control ... our awareness gets limited our identity is confusing and ...
- # our choices become narrow and focused - **addiction.**

Human needs:

- **Physical**
 - good food, safety, security, quality sleep
- **Emotional**
 - **Connection** (we mean something to mob and community)
 - **Meaning** (our world makes sense, we understand our place in it)
 - **Control** (I can make decisions and my choices matter)

Needs can be met, but not in a good way, reducing the chance of other needs being met.

Emotions have an expectation that the action will meet a need ...

NEED MET

- Purposeful activity means no unfulfilled expectations
- We wake refreshed and motivated for the day

NEED NOT MET

- The expectation has to be discharged during sleep
- Poor sleep, we wake tired and unmotivated

REM (RAPID EYE MOVEMENT) SLEEP PHASE

- # High alert, it is 'startled', attention gets very focused.
- # Responding to the brain dishing up unfinished business from the day before
- # Emotions getting us ready for things that never happened don't just go away
- # Emotional arousal is normally discharged during REM sleep, the brain metaphorically completing the action

Expectations not fulfilled and emotions not acted upon are discharged during REM sleep.

Too many unmet needs....

SOMETIMES THIS PROCESS DOESN'T WORK PROPERLY.

- # the brain may be chemically altered (substance abuse)
- # there is so much stuff to process, it's like wading through a swamp
- # high emotion (preparation for action ...) that didn't get discharged by action overloads the system – see 'poor sleep cycle' diagram below
- # the 'startle' part of the brain gets exhausted – we don't notice things
- # we wake tired and unmotivated
- # usually a bad day follows, the cycle of emotional distress continues toward ...
- # depression, substance abuse, anxiety, addictive behaviour

