The Ten Emotional Needs
Symptoms of a “Full Emotional Cup”

Pain, Hurt

Anger

Fear, Anxiety

Guilt, False Guilt

Condemnation, Shame

Stress

Physical Affects: Sleep/appetite disturbances, headaches, stomach-aches, digestive problems

Escapes into work, drugs/alcohol, infidelity, pornography, fantasy, TV, computer, food, books, etc.

Depression, impatience, quick temper, outbursts of anger

Controlling behaviors, obsessive-compulsive “thinking-doing”

Chronic Fatigue, Lower Backaches, Headaches & Migraines

Most intense emotions sink to the bottom

We have a limited capacity of emotion

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Painful emotions remain; positive emotions must be replenished
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Painful emotions seem to have a longer shelf-life than positive emotions
Acceptance involves receiving and loving another person willingly and unconditionally, especially when he is "different" from us and even when his behavior is irritating or even offensive.
What does Acceptance look like?

- Looks past flaws to meet needs
- Quickly forgives - unforgiveness short-circuits acceptance
- Helps people deal with their failures and disappointments
- Those different... those new
The need for affection is met by expressing care and closeness through physical touch and tender words.
What does affection look like?

- Physical touch
  - spouse - hold, caress, hold hands, kiss
  - children - hold, kiss, wrestle, hug
  - friends - shake hands, hug, embrace

- Verbalize your love - unsolicited, spontaneous expressions
Appreciation

The need for appreciation is met through expressing thanks, praise, and commendation, particularly recognizing someone's accomplishments or efforts.
What does appreciation look like?

- Public verbal praise
- Focus on right... not a “sin patrol”
- Generously give physical tokens of appreciation
Approval

The need for approval is met by building up or affirming a person and acknowledging the importance of a relationship. Approval also involves noticing and affirming positive character qualities—affirming people for who they are, not just for what they do.
What does approval look like?

- Affirm people privately and publicly
- Affirm for character qualities
- Especially in your family
Attention

The need for attention is met by conveying appropriate interest, concern, and care for another person. We meet people's need for attention when we take thought of them, particularly when we enter into their "world."
What does attention look like?

✓ Spend time with people
✓ Spend individual time with people
✓ Meet people where they are
✓ Listen to people
Comfort

The need for comfort is met by properly responding to a hurting person with appropriate words, feelings, and physical touch. Comfort involves entering into another person's grief and pain.
What does comfort look like?

- Be sensitive to recognize when people need comfort
- Refrain from reasoning, teaching and giving advice
- Vocabulary of comfort
- Appropriate physical gestures (hug)
Encouragement

The need for encouragement can be met by urging other people to persist and persevere toward a goal and by stimulating them toward love and good deeds.
What does encouragement look like?

- Help others set goals and achieve them
- Recognize discouragement and lift up during these times
- Phone calls, card, letter, personal visit
- Let people know you are praying for them
Respect

The need for respect is met by valuing, honoring, and regarding other people and by treating them as important
What does respect look like?

- Involve them in decisions that impact them
- Show deference to others opinions
- Respect other people’s property, privacy and personal preferences
- Respect others time
The need for security is met when we establish harmony in relationships and provide protection, provision and emotional stability. Security has three basic components: Provision, Protection and Emotional stability.
What does security look like?

- Increase relational security
- Financial security
- Be consistent in how you relate to people
Support

The need for support can be met by coming alongside someone who is struggling or who has a problem and providing appropriate assistance.
What does support look like?

- Anticipate and note when others are experiencing high stress - be available to them
- Offer to use personal resources to help support others
- Be willing to do practical tasks - errands, washing dishes, baby-sitting, yard work, etc.
1. What were your top three needs?
2. What was your top need?
3. Journal how you can meet that specific need in others…

“whatsoever you sow… that shall you also reap.”