Bringing Hidden Needs To The Surface

People of all ages, from babies to old age, find ways to manage their emotions so that they feel as protected and as safe as possible. It is human instinct to do this. We guard ourselves against feeling too vulnerable by showing the world behaviours which keeps others at a safe distance. Our ‘real’ needs are buried deep below the surface where they are hard to see.

To help people feel calm inside and get close to others – respond to them as if you were responding to their hidden needs rather than the behaviours you see. Show them empathy, acceptance, understanding, kindness. Be there with them and for them.

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