

## COMMUNICATION – BASIC NEEDS

Communication is about connecting with your needs, expressing them and receiving other people's needs.

There are no negative emotions. If you feel sad, depressed, anxious or in pain, look for the message behind it.

Some basic needs are:-

- The need for acceptance,
- To contribute to life,
- Security
- Recognition,
- Belonging ,
- Sustenance,
- Purpose,
- Respect,
- Understanding
- Acknowledgement

<p style="text-align: center;"><b>OBSERVATION</b></p> <p>I hate having to go to the chemist every day for subbies. Have to standing in line, and then wait 20 minutes before I can leave. Am always trying to see if I know anyone, or if any of my mum's neighbors are in the chemist before I go in. I feel everyone is looking at me with disgust and they know I'm a user. Hope to god none of my mates who don't use are in the chemist. It's the first thing I think of when I wake up every day.</p>	<p style="text-align: center;"><b>FEELINGS</b></p> <p>Anxious Unsafe Worthless Embarrassed Hopeless can't stop using Angry – don't give a shit anyway</p>
<p style="text-align: center;"><b>NEEDS</b></p> <p>Love Support Understanding Acknowledgement</p>	<p style="text-align: center;"><b>REQUESTS</b></p> <p>Reframe – tapping</p>

## Dreaded Daily task – Visit the chemists for prescription. (subbies)

### Failure Frame:

**Observation:** I wake up with a feeling of dread that I may see someone who doesn't know I am on the programme and may wonder what I am queuing up for. I may see some of my mum's friends or neighbors and they will be looking at me with disgust.

**Feelings:** Embarrassed, anxious, awkward – **Angry, don't give a shit anyway.**

**Needs:** Love, support, understanding, acknowledgement

**Action:** **Hide around the corner and hang about to make sure there is no one I know.**

### Feedback Frame:

**Observation:** I have to go to the chemist every day but it is not forever, and it is for my benefit.

**Feelings:** I feel **less angry** when I **acknowledge** myself as a work in progress, and moving forward.

**Needs:** When I stay on track my family **acknowledges** my efforts to deal with my addiction.

**Action:** I will keep on going to the chemist and **acknowledging** myself as a work in progress and will embrace my actions, and feel **supported** when I receive **acknowledgement** from family and friends.

## EFT – Tapping

**Set Up Statement - Karate Chop:** **EVEN THOUGH** I have to go to the chemist every single day, and I feel anxious, embarrassed, angry and awkward, and sometimes don't give a shit what people think. **I CHOOSE to acknowledge** that I am a work in progress and going to the chemist is important for me to keep me on track and moving forward. **EVEN THOUGH** I feel unsafe, anxious and embarrassed, I totally accept myself anyway.

Rate 1-10 (10 being worst) Repeat 3 times.

**Repeat a different phrase on each of the tapping points.**

**Start of eyebrow:** I will be surprised how better I feel when I go to the chemist knowing this action is taking me forward to dealing with my addiction, and recovering from it.

**Outer corner of the eye:** I will feel good about myself, when I stay on track and feel free of old patterns, especially when my mum **acknowledges** my efforts.

**Under centre of eye:** I will be surprised how good I feel about myself, enabling me to stop sabotaging the work I have done on myself so far.

**Above top lip:** I am a work in progress; I will go to the chemist regardless of who may be there because I am worth it. (**Acceptance**)

**Middle of chin:** I will be so happy when my family and friends start to **acknowledge** my success.

**Collar Bone:** I choose to own my success and will continue to move forward with **support** from family and friends.

**Under Arm:** I **acknowledge** that I am a work in progress and going to the chemist is important for me to keep me on track and moving forward.

**Crown of Head:** I totally love and accept myself anyway.

Rate 1-10 (10 being worst)