

NEEDS BEGIN TO
BE
EXPRESSED.....

IN AN **ANGRY,
RAGING WAY!!!**



RAGING

- Internal Raging: Shows up as Depression and Anxiety. (Victim energy and Paralysis)
- External Raging: Show up as Blinding Anger and Violent Outbursts



**BUT BEING HUMAN
MEANS.....**

WE HAVE NEEDS!

- See me
- Hear me
- Feel me
- Love me
- Care about me
- What about me!

THE CYCLE OF SELF DENIAL

- VALID MESSAGE OF NEEDS GETS LOST IN THE WAY THE NEEDS ARE BEING EXPRESSED THROUGH THE ANGER.
- THE PERSON FEELS REJECTED WHEN OTHERS DO NOT RESPOND POSITIVELY TO THEIR NEEDS AND WANTS.
- FEELINGS OF LOW SELF ESTEEM AND LOW SELF WORTH OCCUR ONCE

START HERE!

FAMILY CULTURE MESSAGING

- I have no needs that I feel I can express
- I consider all my needs as “selfish”
- I feel guilt and shame when I express my needs
- I am low priority
- My needs and wants are not important

