Human Needs and Need Shock

What are the basic needs of a human being when we are born?

A. To breathe
   1) How would our need to breath be unmet?
      a) Cord wrapped around baby’s neck
      b) Difficulty getting out of birth canal
   2) Anesthetic causes lack of power
   3) Doctor is late, mother told to hold baby back

B. To be loved
   1) What are the ways we, as newborns, know we are loved?
      a) Being lovingly held immediately by mother
      b) Being softly talked to
      c) Being touched

C. To be nourished
   1) What are the ways to be nourished?
      a) Breastfed (loved and nourished)
      b) Bottle fed (can be both)
      c) Wholesome non-toxic environment (physically and emotionally)

What could happen if these basic survival needs are not met? There are three reactions to need shock:

1) Fight (sympathetic shock) kicks, thrashes, cries
2) Flight (sympathetic shock) running away, hiding
3) Freeze (parasympathetic shock) very quiet, eyes stare, no real contact, no smiles

Some consequences to the baby when basic needs are not met:

1) Baby cries all the time (sympathetic shock)
   a) Baby can’t seem to be comforted
   b) Doctors call it colic or milk allergies
2) Baby seems quiet, rarely cries (parasympathetic shock)
   a) People marvel at what a good baby this is
   b) Caregivers tend more to the demanding child
3) Difficulty bonding often called attachment disorder
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How can this need shock affect later relationships?

1) Difficulty knowing what one’s needs are
   a) Difficulty asking for needs to be met
   b) Frustration, anger and resentment build up seemingly for no reason

2) Person physically goes into need shock when needs are perceived as not met
   a) **Sympathetic (active) need shock**
      1) Becomes demanding, resentful, anxious and fearful
      2) Begins to blame the other person
      3) Becomes angry, often physically and emotionally abusive, yelling and shaming those closest to them
      4) Overtly criticizes, judges, and uses put downs
      5) May use children, other family members, or friends to manipulate or “team up” against the other
      6) Threatens leaving or going to see a lawyer (divorce)
      7) Anxiety disorder
   b) **Parasympathetic (paralyzed) need shock**
      1) Says nothing, but fumes quietly inside
      2) Becomes sick or has accidents to manipulate a caring response
      3) Quietly criticizes, judges, and wants to “get rid of” the other
      4) Internally plans on leaving or getting a divorce
      5) Retreats into books, computer, sleeping, addictions, depression, amnesia