

## 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 breathe 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



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