

## Day 6 Filling Basic Emotional Needs

Needs reflect deeper longings, such as the need to have someone say, “Good job,” or “Thanks for your help,” is a need for affirmation, but the deeper need is to know your life has purpose. God is willing to fill all those needs. When you don’t have a need met, you can feel stressed. When someone else has unmet needs, they can become stressed and then stress you.

You can start filling the needs in your family members. Look to God to fill your needs

### **Attention-I am loved**

- Express your love in words and actions. Show your love with kind deeds that make the person know you care.
- God always loves you!

### **Affirmation-I have a purpose**

- Affirm a person’s actions. Let them know you noticed what they did and that you value their contributions.
- Let God show you your purpose from being a mom to helping others.

### **Assurance- I am safe**

- Take precautions to ensure the safety of people around you, especially children.
- Share and rejoice in the joy of eternal security found in Christ.

### **Approval/respect-I matter**

- Listen to people. Show you respect their opinions even when they differ with your own. Thank people who listen to you.
- Remember that God always listen to you!

### **Acceptance- I belong**

- Welcome people to your circle of friends, group, or home. Make them feel comfortable. Let them know you cherish their uniqueness.
- Know that God accepts you by reading Psalm 139.

### **Affection-I am cherished**

- Spread your smiles, appropriate hugs, and pats on the back to let people know you want to be a friend. Warm and encouraging words show you care for the individual.
- Read Isaiah 40:11, 49:16, Luke 12:7, Matthew 6:25-34 as reminders of how much God cares for you.

- List mottos to repeat in your mind to stop replaying negative comments and affirm your needs

God loves and supports me

I am gorgeous

I am kind

God has good plans for me

I have good thoughts

I make good decisions

I did nothing wrong

## **Personalities and Basic Needs**

The four temperaments help us know the biggest basic need of a person.

Extroverted Socializer likes to talk and most wants attention and affection.

The extroverted director is goal oriented and most wants approval and affirmation that they matter and have a purpose.

The introverted analyzer most strives for perfection and is very sensitive. They desire assurance and approval that they are enough.

The friendly, relaxed, peacemaking stabilizer procrastinates and wants peace. They desire acceptance that shows they are respected, and affirmation that their peace efforts make a difference.