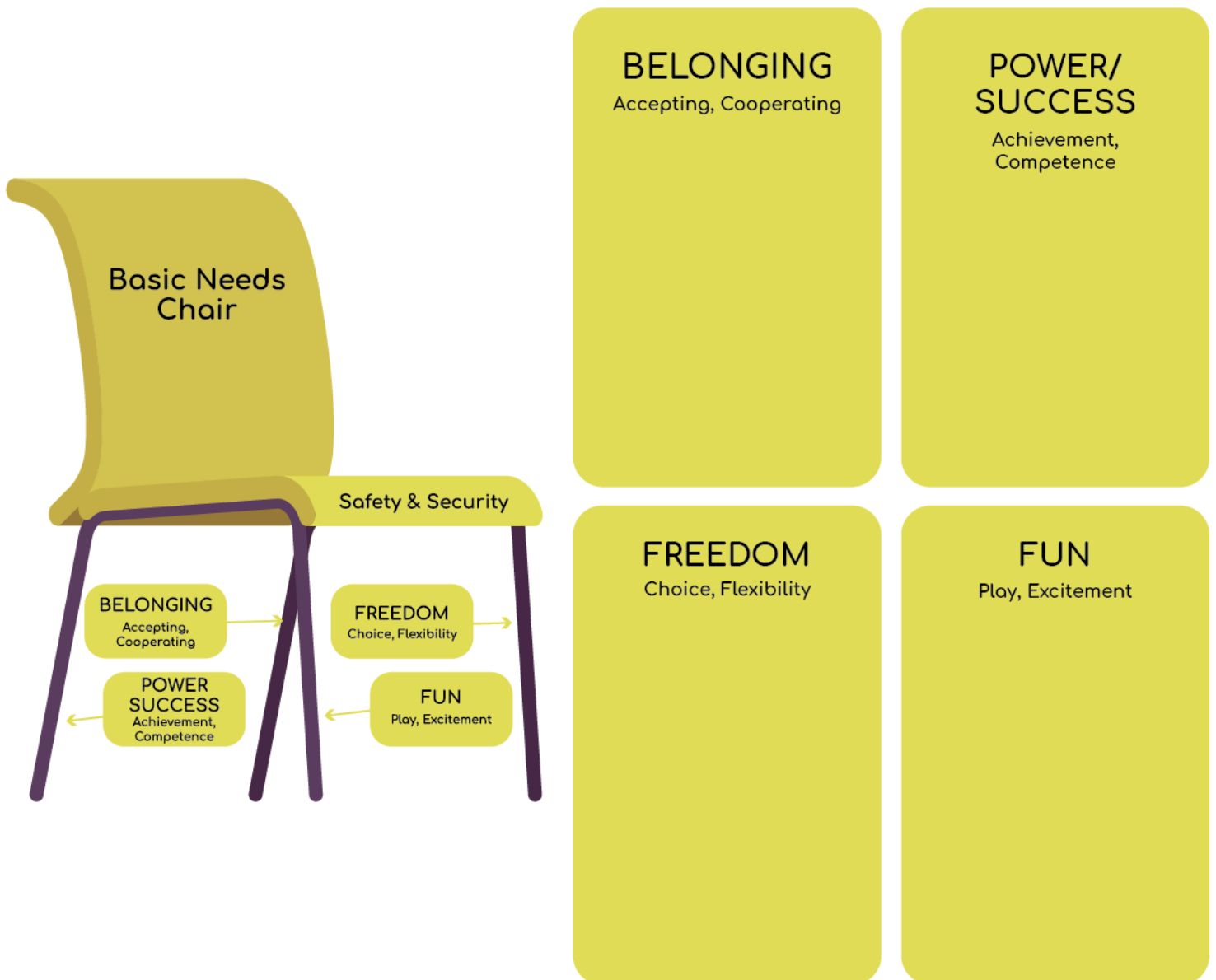


Name: _____

The Basic Needs Chair

We all have the need for love and belonging, power and success, freedom, fun, and of course, safety. Safety and survival are like the seat of a chair. Without a seat, there would be no chair. The needs of belonging, power, freedom, and fun are like the legs of a chair. If any of them is weak or missing, the chair wouldn't work very well. Your life and sense of safety and survival are like that too.

Directions: For each leg of the chair, write in the things that fill up each of your "basic need legs" next to the Basic Needs Chair below. Then answer the questions on the back of the sheet.



“The Basic Needs Chair” Reflection Questions

1. Which of your “basic need legs” is the thickest and most supportive to your sense of safety? Why?

2. Which leg needs the most support from others? Why?

3. Which leg is the most important to you and why?

4. Which leg do you have the least control over and why? How do you feel when you don’t have as much control over this need as you’d like?

5. If your chair legs are imbalanced, how and why might that create conflict within yourself?

6. How and why might it lead to conflict with others?