

Training session 4

Basic Needs

Purpose: To learn about basic needs and to understand that most conflicts between people involve the attempt to meet basic needs.

Length: 1 hour 45 minutes

Materials: "Basic Needs" page, "How I Meet My Basic Needs" worksheet, writing utensils

Procedure:

1. Refer students to the "Basic Needs" page. Discuss the idea that although we all share the same basic needs, the things each of us chooses to do to meet these needs is different. *(10 minutes)*
2. Ask the students to think of examples of people trying to meet the same need in different ways. (For example, everyone has the need for recognition. Anna gets this need met by developing her music skills while Kuba gets this need met by being active in the student council.) *(10 minutes)*
3. Refer students to the "How I Meet my Basic Needs" form. Give students time to record some of the things they do to get their basic needs met. *(10 minutes)*
4. In small groups, have the students discuss the examples they recorded and compare how they are alike and how they are different. *(15 minutes)*
5. Return to the idea that basic needs are often the origin of conflict. Ask the students to provide examples in which basic needs are at the root of a conflict. For example, Michal might be upset because his friends are going to a party he was not invited to – he is not getting his need for belonging met. *(10 minutes)*
6. Have each one of the small groups deal specifically with one need. Ask the students to think of and discuss examples of conflicts they have personally experienced because their basic needs were not being met. Ask the students to list constructive ways for achieving the specific need they are discussing and to list destructive ways for achieving the specific need they are discussing. *(20 minutes)*
7. Each group will report back to the larger group and the larger group will have a discussion. *(20 minutes)*
8. Summarize that being aware of our basic needs helps identify unmet needs as the origin of a conflict. When we understand the origin of conflict, we have a better chance of resolving it. *(10 minutes)*

Handout

Basic Needs

Safety/Security – The need for structure, stability, predictability and the freedom from fear and anxiety.

Belonging/love – The need to be accepted by others and to have strong personal ties with family, friends and identity groups.

Recognition - the need to be recognized by oneself and others as strong, competent, and capable. It also includes the need to know that one has some effect on her/his environment.

Personal fulfillment - the need to reach one's potential in all areas of life.

Identity – the need to have a sense of self in relation to the world and to have others recognize this as legitimate.

Freedom – the need to exercise choice in all aspects of one’s life.

Justice – the need for fairness and just division of resources.

Fun – the to enjoy life, pursue enjoyment and recreation.

Handout

How I Meet My Basic Needs

Instructions: Write some of the things you do to meet your basic needs.

Safety/Security –

Belonging/love –

Recognition -

Personal fulfillment -

Identity –

Freedom –

Justice –

Fun –

HOW I RESPOND TO CONFLICT

HOW I MEET MY BASIC NEEDS

SAFETY / SECURITY

family, friends, classmates, home

BELONGING / LOVE

boyfriend / girlfriend, friends, parents, home, church, meetings

PERSONAL FULFILLMENT

hobbies, interests, meeting friends, education, faith

IDENTITY

school, family, country, group

FREEDOM

education, friends, interests, hobbies

FUN

parties, friends, hobbies, sport, school