

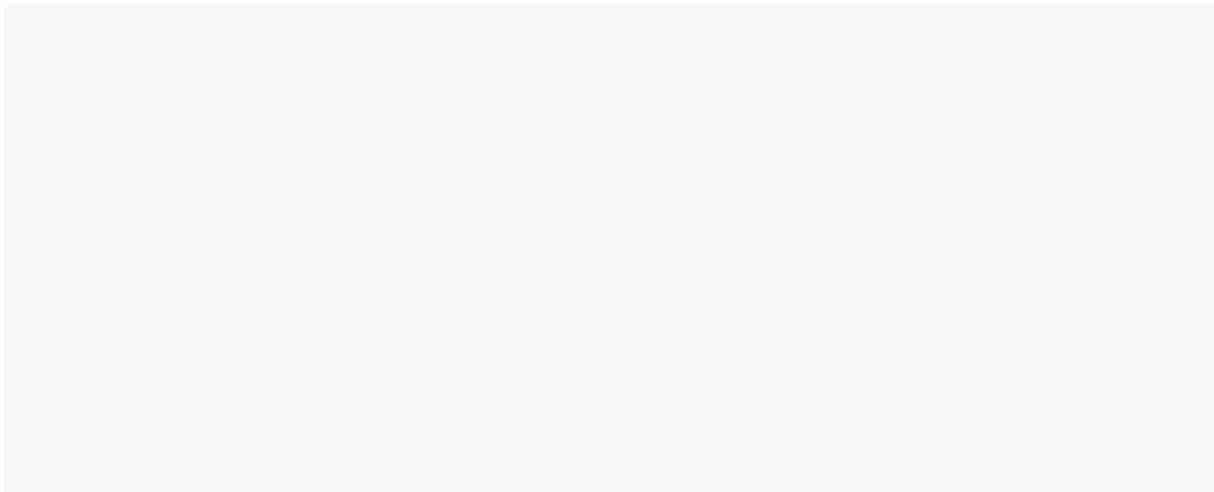
Meeting our Family's Needs

Sura Hart, former teacher and education project director for the Center for Nonviolent Communication, says that “you can find conflict in every human story, and in the conflict situation you can find the needs people are wanting to meet” (Hart, 2006, p. 175).

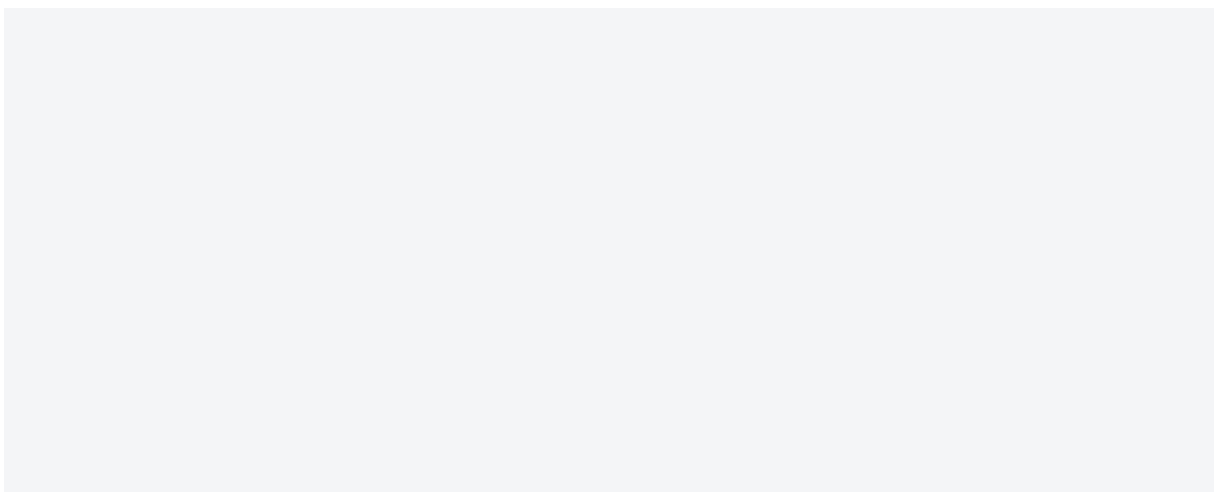
Use the following questions to help each family member have their needs heard, understood, and ultimately, accepted.

Ask each family member (younger children will need some help with this exercise) to explore and share the answers to the following questions to better understand one another's needs:

Think of a time when you felt happy. Ask yourself what need was being fulfilled that led to this feeling of joy?

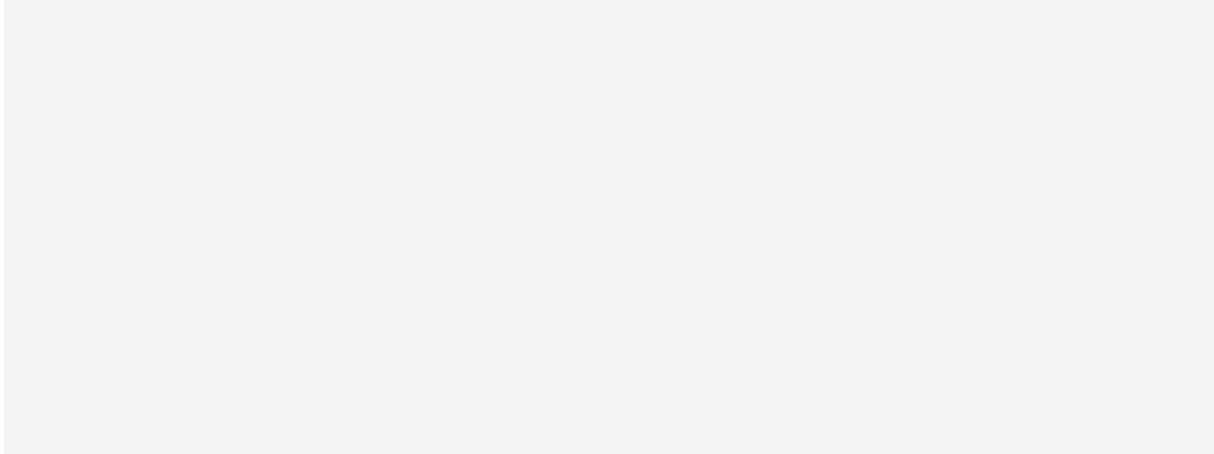


Think of a time when you felt frustrated or angry. Ask yourself what need was NOT being fulfilled that led to your feelings of upset?

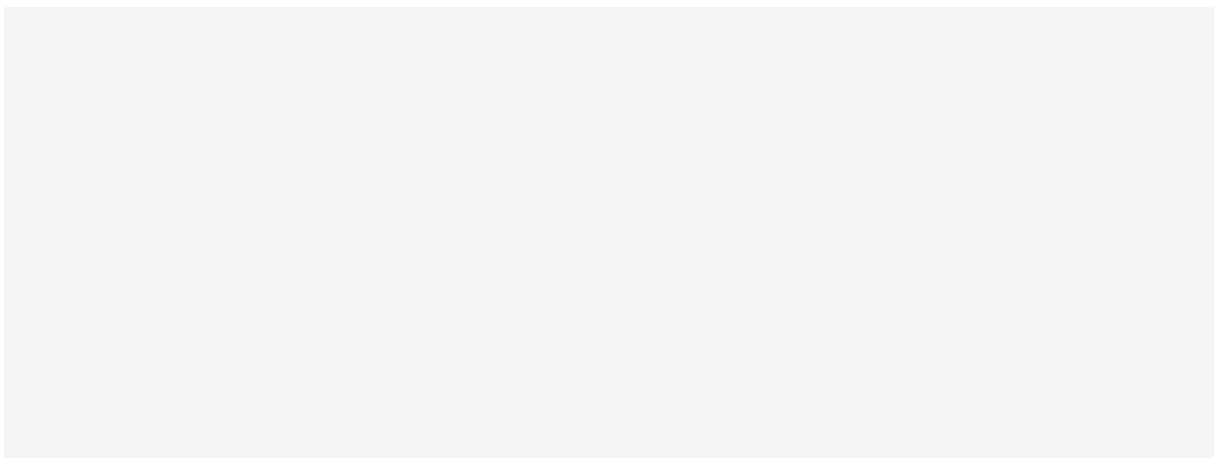


For the parent's ask the following additional questions:

Think of a time when you recognized your child as joyful. Ask yourself what need was being fulfilled that led to this feeling of delight?



Think of a time when you recognized your child as feeling sad. Ask yourself what need was NOT being fulfilled that led to them feeling upset?



Discuss as a parent and, as a family, the needs that are satisfied at times of happiness and are not met when someone is upset.

Think about how to meet family members' needs more of the time.

References

- Hart, S. (2006). *Respectful parents, respectful kids: 7 keys to turn family conflict into co-operation*. Encinitas, CA: PuddleDancer Press.

Dr. Jeremy Sutton