

THE MISSING PIECE



How Connecting to Your Needs can help you Improve Your Relationships and Deepen into Your Purpose

STEP ONE

"We are desire. It is the essence of the human soul, the secret of our existence. Absolutely nothing of human greatness is ever accomplished without it. Not a symphony has been written, a mountain climbed, an injustice fought, or a love sustained apart from desire. Desire fuels our search for the life we prize."

– John Elderidge

We need a starting point, a point at which we can begin this path of inquiry and discovery. So we'd like you to make a list. Just write down as many things as you can – no editing, no judging, no negative self-talk – just open permission to write, and answer the following prompts:

List the things that worry you, that cause you stress or anxiety or disquiet in your life, right now. It could have been a difficult conversation that still bothers you, a worrying thought you can't shake, or something that happened that impacted you negatively.

Here are some journaling prompts to help you. Pick the one, or ones, that work best for you. You do not have to do them all:

- "I worry that..."
- "I fear that..."
- "What troubles me is that..."

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.



Write your answers here:

A large, empty rectangular box intended for writing answers.

STEP TWO

*You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert repenting.
You only have to let the soft animal of your body
Love what it loves.
– Mary Oliver*

Now, when you look at the list, write down the feelings that arise in you when you wrote each of them down. Cluster the specific feelings under the specific item on your list.

You can find a list of feelings words in the downloads below the video. Open that document up, read through the feelings words, and write as many down as resonate with you.

Feeling words are important clues, which we will be using later so do not skip this step.

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
 - I feel anxiety and fear, obviously, but also shame, doubt, unworthiness, despair, panicky overwhelmed, pessimistic.
- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
 - I feel fear, sick, angry, outraged, disappointed, distressed, exhausted, a bit shocked.
- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.
 - I feel resentful, dull, fear, discouraged, morose, helpless, stuck, numb, restless, sad, unhappy, weary.



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STEP THREE

"Regardless of our many differences, we all have the same needs.

What differs is the strategy for fulfilling these needs."

~ Marshall B. Rosenberg

Now, list the strategies you used when the events happened that you described in step 1. What did you do, or try?

Write them down for each. It's important to get clear on how you approach these challenges, and what sort of strategies you tend to use to meet them. This is going to assist us on the hunt to discover your needs.

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
 - I feel anxiety and fear, obviously, but also shame, doubt, unworthiness, despair, panicky overwhelmed, pessimistic.
 - The strategy I used was to not think about it as much as possible and lose myself in Netflix whenever I could.
- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
 - I feel fear, sick, angry, outraged, disappointed, distressed, exhausted, a bit shocked.
 - The strategy I used was to put it into the "too-hard" bucket and hope he didn't do it again. I also went out of my way to be kind and helpful in the hopes I could placate him.
- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.
 - I feel resentful, dull, fear, discouraged, morose, helpless, stuck, numb, restless, sad, unhappy, weary.
 - I don't see any way out, so I just stay. I don't even look for another job. I tell myself that there isn't anything better out there, and I'm lucky to have this one.



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STEP FOUR

"The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls."

— Elizabeth Cady Stanton

Your feelings and the strategies you used are clues that can now guide you toward what you need. What you're going to do now is open up the list of needs words document from the downloads below the video and have that document open or printed out in front of you.

What did you need, when you felt what you felt and did what you did (your strategy)?

Write down all the words that resonate with you from the Needs Words List. Write ALL the words that resonate, even if you're not sure why you are writing them, or don't yet understand what it means for you. Just stay focused on which words seem to resonate and speak to you in relation to the strategies you used (step 3) and the feelings you have (Step 2) about the event you wrote down in Step 1.

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
 - I feel anxiety and fear, obviously, but also shame, doubt, unworthiness, despair, panicky overwhelmed, pessimistic.
 - The strategy I used was to not think about it as much as possible and lose myself in Netflix whenever I could.
 - Needs: to be respected and appreciated, to be seen, to be accepted, safety, to be confident.
- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
 - I feel fear, sick, angry, outraged, disappointed, distressed, exhausted, a bit shocked.
 - The strategy I used was to put it into the "too-hard" bucket and hope he didn't do it again. I also went out of my way to be kind and helpful in the hopes I could placate him.
 - Needs: To be brave, confident, to be strong, for respect, kindness, harmony, peace.

STEP FOUR, CON”T

- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.
 - I feel resentful, dull, fear, discouraged, morose, helpless, stuck, numb, restless, sad, unhappy, weary.
 - I don’t see any way out, so I just stay. I don’t even look for another job. I tell myself that there isn’t anything better out there, and I’m lucky to have this one.
 - Needs: For meaning, to make a contribution, creativity, freedom, hope, growth, learning, purpose.



Write your answers here:

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STEP FIVE

As is your desire, so is your will.

As is your will, so is your deed.

As is your deed,

So is your destiny.

– The Upanishads

So the next step is to explore what you BELIEVE about getting your needs met.

What do you believe about yourself and/or the world/others? What beliefs drive you toward not being able to get your needs met?

Needs can be a very threatening word, because needs are often a societal taboo. However we must to admit to ourselves, like a confession, what we desire – even if we believe that we can't ask for it to get met by another, don't deserve it, or that the world will come crashing to an end if we get it.

And yet, until we face the reality of our truth, how can we expect to be anything else but stuck?

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
 - I feel anxiety and fear, obviously, but also shame, doubt, unworthiness, despair, panicky overwhelmed, pessimistic.
 - The strategy I used was to not think about it as much as possible and lose myself in Netflix whenever I could.
 - Needs: to be respected and appreciated, to be seen, to be accepted, safety, to be confident.
 - Belief: I believe that I am not good enough for this job. I am afraid that I will be not seen, under-appreciated, or that I have messed up. I am afraid I will lose my job and fall into devastation should that happen.

STEP FIVE, CON'T

- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
 - I feel fear, sick, angry, outraged, disappointed, distressed, exhausted, a bit shocked.
 - The strategy I used was to put it into the “too-hard” bucket and hope he didn’t do it again. I also went out of my way to be kind and helpful in the hopes I could placate him.
 - Needs: To be brave, confident, to be strong, to ask for respect, kindness, harmony, peace.
 - Belief: that I will lose what I need - the home I have - if I get into conflict. I believe that others who have power over me are always bullies.
- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.
 - I feel resentful, dull, fear, discouraged, morose, helpless, stuck, numb, restless, sad, unhappy, weary.
 - I don’t see any way out, so I just stay. I don’t even look for another job. I tell myself that there isn’t anything better out there, and I’m lucky to have this one.
 - Needs: For meaning, to make a contribution, creativity, freedom, hope, growth, learning, purpose.
 - I believe I don’t deserve anything better in my life. I believe I need to be punished, shamed, and can never deserve to get my needs met.



Write your answers here:

A large empty rectangular box for writing answers.

STEP SIX

You are important.

You are incredible.

You are loved.

Your presence is needed here.

You are worthy of your desires.

– Danielle LaPorte

We are going to take a pause here and sit with what you've learned so far. Are you surprised by what you've discovered? Are you shocked? We hope you can see something really, really important about your needs. First of all, how beautiful and wonderful they are, and how they light you up with longing. This is gorgeous and wonderful; you deserve to be lit up, warmed by them. Frankly, you deserve to get them met, so you can be a healthy human who brings light and joy to others. That's already in you, waiting to be expressed!

And second, what you BELIEVE is making it impossible for you to get them met. What you believe is driving a chronic state of not being able to meet your needs. It is driving the strategies you are using which are giving you the OPPOSITE of what you need – because of what you BELIEVE.

So here's the journaling question: *of what you are afraid, should you finally ask to get your needs met? What is the worst that could happen?*

And then write down what you would FEEL should those outcomes happen. A fear faced is a fear lessened. Do not let fear stop you from owning your truth.

And now let's turn a corner here: *what do you believe about yourself, or the world, or others, that drives you to fear those outcomes? Write those beliefs down.*

Beliefs drive much of our feelings, needs, and behaviors. It's the unexamined beliefs that drive what could very well be fears that have no real basis.

And finally: *of what are you afraid that is really nothing other than a belief you've been holding?*



Write your answers here:

A large empty rectangular box intended for writing answers.

STEP SEVEN

*Ask, and it shall be given to you;
Seek, and you will find;
Knock, and it will be opened to you.
For everyone who asks receives,
And he who seeks finds,
And to him who knocks it will be opened.
– St Matthew*

Now we're going to complete this process by exploring what it is like for you to RECEIVE.

It's time to explore your relationship to receiving. Write in response to these questions:

What is your relationship to receiving? From others, from the world? Do you say "I can't believe it" and self-sabotage your way back out of the gift, or do you lean in and allow yourself the gift? Do you feel guilty or ashamed? Do you believe you don't deserve, or are not worthy of it? Look at the beliefs to remind yourself of those.

This could be a reason why it's so hard for you to ASK: because you don't know how to RECEIVE.

Now, imagine you've given yourself permission to receive, and you can now ask for what you need.

- *How does that feel to you?*
- *Write about what it would be like to meet your own needs, to get your needs met. Live into the imagination, give yourself permission to explore and articulate it.*

Here are some examples to help you:

- I have an important meeting coming up for which I feel a lot of anxiety and fear because I'm not confident I will do a good job of representing myself.
 - I feel anxiety and fear, obviously, but also shame, doubt, unworthiness, despair, panicky overwhelmed, pessimistic.
 - The strategy I used was to not think about it as much as possible and lose myself in netflix whenever I could.
 - Needs: to be respected and appreciated, to be seen, to be accepted, safety, to be confident.

STEP SEVEN, CONT

- Belief: I believe that I am not good enough for this job. I am afraid that I will be not seen, underappreciated, or that I have messed up. I am afraid I will lose my job and fall into devastation should that happen.
 - I let go of my worries and fears and allow the outcome to be whatever it needs to be, so I can finally feel ok about myself and recognise MYSELF in the contribution I've made to the company and team. I feel much better when I reframe in this way.
- I need to confront my landlord about some rudeness in our communication, but I am afraid of conflict.
 - I feel fear, sick, angry, outraged, disappointed, distressed, exhausted, a bit shocked.
 - The strategy I used was to put it into the "too-hard" bucket and hope he didn't do it again. I also went out of my way to be kind and helpful in the hopes I could placate him.
 - Needs: To be brave, confident, to be strong, for respect, kindness, harmony, peace.
 - Belief: that I will lose what I need - the home I have - if I get into conflict. I believe that others who have power over me are always bullies.
 - I go ahead and make a request to my landlord that I felt worried and distressed by our recent communication and ask him if he would be willing to talk to me before getting annoyed since it may well be only a misunderstanding. I'm more than willing to work with him in a spirit of community to keep the home in good condition. He agrees, and feels bad that his response impacted me negatively which he didn't realize.
- I hate my job, I am sick and tired of the people at my work and the tasks I do are mind numbingly boring. I am too afraid to quit.
 - I feel resentful, dull, fear, discouraged, morose, helpless, stuck, numb, restless, sad, unhappy, weary.
 - I don't see any way out, so I just stay. I don't even look for another job. I tell myself that there isn't anything better out there, and I'm lucky to have this one.
 - Needs: For meaning, to make a contribution, creativity, freedom, hope, growth, learning, purpose.
 - I believe I don't deserve anything better in my life. I believe I need to be punished, shamed, and can never deserve to get my needs met.
 - I quit my job, and work at a local grocery store to give myself some space and time to dream into what I want to do next with my life. While the grocery store isn't much fun, the people are nice, and I can pay bills without being exhausted at the end of the day so I can spend time researching, journaling, and begin taking night classes at my local community college. I'm so much happier, and feel better about myself.



Write your answers here:

A large empty rectangular box for writing answers.

CONGRATULATIONS!!!!

You've made it through!! We're proud of the work you've done to unlock your connection to your all important needs.

This is an example of the kinds of things we do every month inside our Membership program, called the Monastery. Its a place where we gather together every month to practice and hold each other accountable. We also hold space for your growing, healing, and deepening into your true purpose and service to a world in chaos.

Will you join us? Learn more and get on our waitlist. Be the first to hear when our doors open for enrollment.



THE MONASTERY

M E M B E R S H I P P R O G R A M

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