

Take Charge of Your Life

Session 2



Understand the Choices You Make

Why do we make particular choices in our life?
What drives our decisions?



“Sylvia’s Quality World Activity”

- We are individuals with different preferences
- No choice is more ‘right’ or ‘worthy’ than another

Quality World

... our **dreams**

... our **ideals**

... people we care about

“People, Places, Pets, Play, Possessions, Principles”

... our good times

... our successes



What's important to you in your life - what's in your Quality World

- Individually, use the yellow post it notes to record some of your QW pictures – one note for each picture.
- These can be simple things that are important at home or bigger things you are really passionate about – or anything in between





Quality World

We store in our Quality World anything in the real world that we believe will meet one or more of our Basic Needs.

People we want most to be with.

Things we want to own or experience.

Ideas or systems of belief that govern most of our behaviour

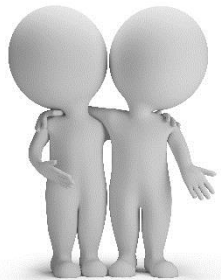


Basic Needs



Safety and Survival

food, water, air
conservation
shelter
health
preparation
security



Love and Belonging

friendship
cooperation
involvement
caring
relationships
connecting
trust

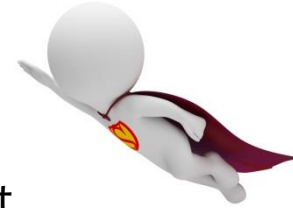
Freedom

choices
creativity
independence
autonomy
flexibility
movement
options



Power

respect
importance
recognition
achievement
courage
competence
impact
being heard

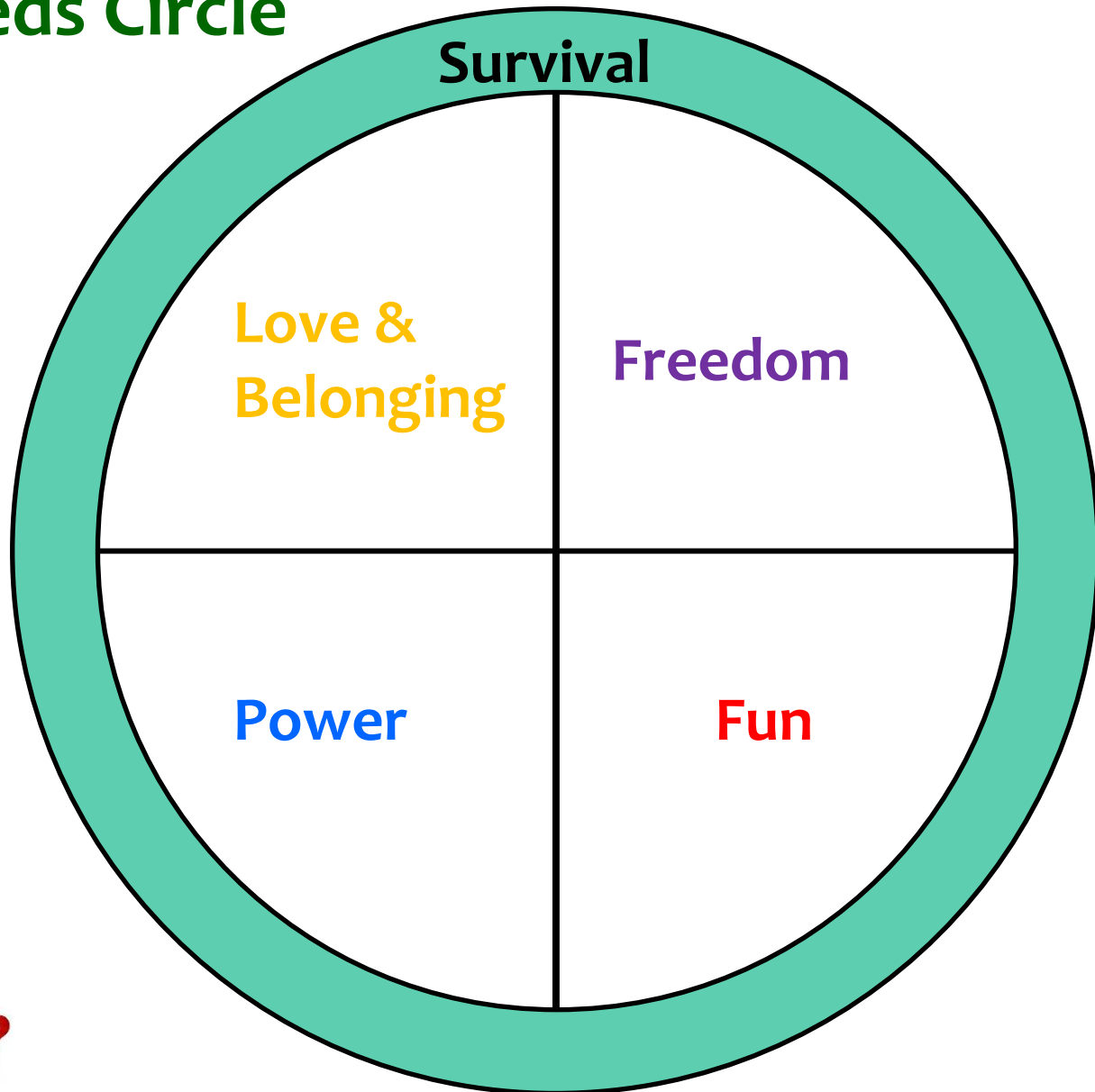


Fun

enjoyment
relaxation
recreation
learning
laughter
celebration
exploration



The Needs Circle



Your Basic Needs Profile

Activity : “Descriptor Shuffle”

Survival is the physical need to eat, drink, seek shelter and physical comfort and to be safe.

Love and Belonging is the need to form and experience positive relationships at home and at school, to be accepted, to be part of a group.

Power is the need to achieve, to experience success, to receive recognition, to be good at something or to be listened to.

Freedom is the need to experience independence to make choices and seek novelty.

Fun is the need to play, to laugh, and to experience pleasure.



Needometer

Are we meeting all these needs?

Snapshot of where we are at.



Genetic Instructions

Besides survival... we are genetically programmed to try and satisfy our four psychological needs

We feel pleasure or pain - happy or sad.
Anything we do that feels good is **needs satisfying**



Creating our Quality World pictures

As we attempt to meet our needs we are continually creating and recreating our quality world pictures.

We constantly evaluate against our quality world pictures.



Basic Needs/QW

All our behaviour is always our best attempt, at the time we make the choice, to satisfy one or more of our needs.

It is aimed at getting what we want to match a picture we have in our heads of something that we already know 'feels good'.



Quality World

“We must have one picture for every need.”

“When we change important pictures we change our lives.”

“To change a picture we have to replace it with another that is at least reasonably satisfying.”



So... What's this got to do with our mental health?

- If a person was meeting all of their basic needs how do you think their level of wellbeing would be?
- How does your Basic Needs Profile influence the choices you make?
- Can you identify any needs that you are neglecting?

How does this idea help **you** to
“**Take Charge**” of **Your** Life?



Today we
explored the
concept of...

The thing
that puzzles
me most

is...

It was
enlightening
for me...

With this
understanding I
will start...