

# Two Greatest Human Drives:

## Attachment

The Need to:

- Belong
- Be Safe
- Be Seen
- Be Nurtured
- Be Appreciated

## Authenticity

The Need to:

- Survive
- Own Feelings
- Realize Desires
- Live into what has meaning
- Claim our Contribution

## Patterns of Behavior that Create Chronic Conditions:

- Automatic and compulsive regard for the emotional needs of others while ignoring your own
- Attending to Duty, Role, Responsibility at disregard for self
- Suppression of negative emotions
- Believing you are responsible for how others feel