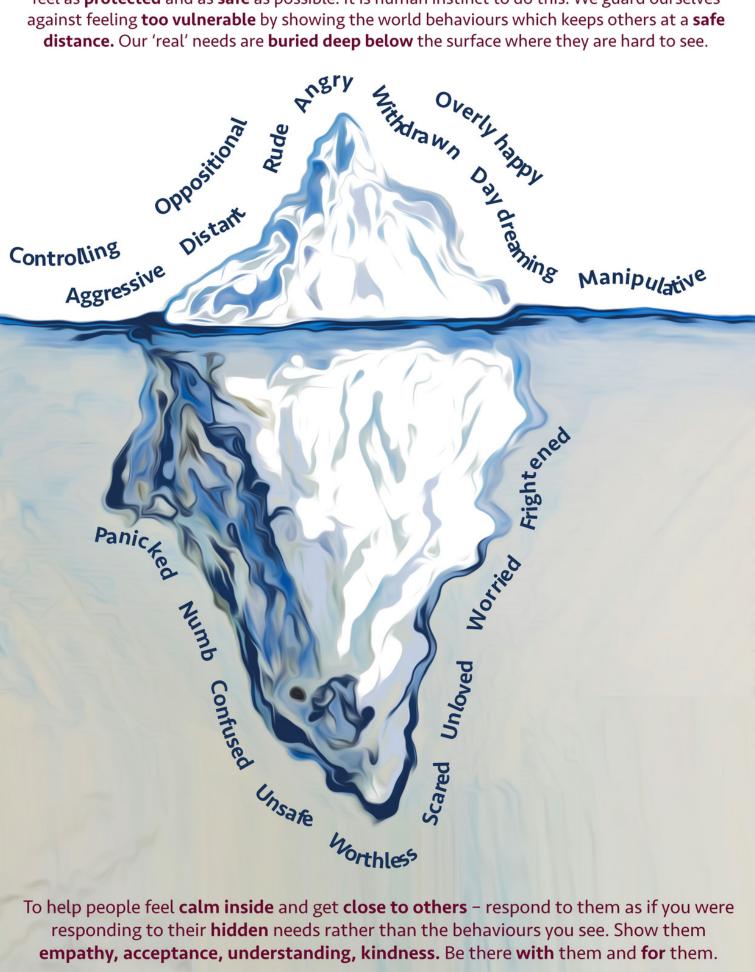
Bringing Hidden Needs To The Surface

People of all ages, from babies to old age, find ways to **manage their emotions** so that they feel as **protected** and as **safe** as possible. It is human instinct to do this. We guard ourselves against feeling too vulnerable by showing the world behaviours which keeps others at a safe distance. Our 'real' needs are buried deep below the surface where they are hard to see.



responding to their hidden needs rather than the behaviours you see. Show them empathy, acceptance, understanding, kindness. Be there with them and for them.



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