

# Transforming the Pain of Unmet Needs to the Beauty of the Needs

1. **STIMULUS.** Write down your stimulus (observation).  
*Example: In the past five minutes, there were three times you started talking before I completed my sentence.*
2. **TRANSFORM THE JACKAL THOUGHTS.**
  - a. Write down the jackal thoughts (reactions, judgments, etc).  
*Example: He is so inconsiderate. He never listens to me. I'm so sick and tired of not being heard.*
  - b. Embrace the jackal thoughts and their valuable energy. Say them out loud with feeling and energy. (The energy is precious; it reflects the beauty and value of the underlying need.)
  - c. For each jackal thought, differentiate observation from the jackal thinking.  
*Example: "I'm telling myself that he is so inconsiderate. I'm telling myself that he never listens to me."*  
Stay with this step until you feel a real separation from the jackal thought, until you no longer believe the thought as observation/reality.
3. **ATTENTION BACK TO THE STIMULUS.** When you no longer believe the truth of the thoughts, put attention back on the original stimulus.
4. **SELF EMPATHY.** Give yourself empathy around your feelings & needs.
  - a. **NEEDS.** What are your unmet needs related to that stimulus? *Example: respect, shared values*
  - b. **FEELINGS.** What feelings do you have around the unmet needs? *Example: sadness, loneliness*
  - c. **MOURNING.** Give yourself time to be with the feelings of pain around your unmet needs. Be with the sadness ... experience it ... surrender to it. Stay with it until you feel a shift towards some relief or relaxing of feeling.
  - d. If you experience more jackal thinking (often happens), empathize with the feelings and needs behind this jackal and go back to mourning, or "being with" the feelings and needs.
5. **BEAUTY OF THE NEED.** Experience the beauty of the need. Sense the positive value, the inherent vision of why this need is important to you. Allow yourself to immerse your awareness on this aspect. (If you have difficulty with this, remember a time when the need was met. How did you feel? Stay with the feeling. Then keep the energy while taking away the details of the specific memory.) Sit with the beauty of the need for a while, the radiance of life energy flowing through you. Immerse yourself in this awareness. Allow awareness that the need offers you something. (This is where the transformation is taking place.)
6. **ATTENTION BACK TO THE STIMULUS.** While staying in that space of the beauty of the need, review the original stimulus.
7. **REQUESTS OF YOURSELF.** Stay present to any current needs that may come alive in you. If this is happening, what requests might you have of yourself to meet any needs that might be present?

This entire process is not linear but rather dynamic and organic. You will probably move from one place to another. Just stay focused on what is alive in you.

The three qualities that come from this process are CLARITY (that thinking awareness is the source of suffering and observing awareness is openness to life without judgment or evaluation), COMPASSION (the natural authentic response to life) and EMPOWERMENT (the ability to serve life from living in this energy of the needs ... dwelling in this authenticity).

This process was developed by Robert Gonzales, NVC Training Institute.