

Basic Fears - Basic Needs
Demands life poses



*Overcoming your fears by fulfilling you needs
and meeting demands life poses*

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Basic Fears, Needs & Demands

1. The Fear of Existing

1. Need: To have a Place and Belong

1. Demand: Say Yes to life

2. The Fear of being Abandoned

2. Needs: Nourishment, Warmth, Attention

2. Demand: Stand on our own feet

3. The Fear of Guilt and Punishment

3. Needs: Support, Trust, Safety

3. Demand: Become autonomous

4. The Fear of not being Good Enough

4. Need: To be seen and heard

*4. Become who we are instead of who
thought we should be*

The Five Gestalt Layers

The theory of the five layers gives insight in how we function

The first layer is the cliché layer.

If we meet somebody, we exchange clichés like 'How are you?' with cliché answers like 'Good' or 'I am not allowed to complain'. The main aim is to be polite and behave.

In the second layer we play games and roles, we are the son, the daughter, the husband, the eldest, the youngest, the beautiful girl, the strong man, the intelligent professor. In the roles we play 'as if' we are better, weaker, tougher, nicer than we really feel.

The third layer is the impasse.

In this layer we feel stuck, lost, confused. We have a phobic attitude and try to avoid suffering. when we come to the difficult parts, we are not willing to go through the pain of the impasse and need a therapist.↔

*The fourth layer is
the implosive or the fear of death layer.*

It appears as death because of the paralysis of opposing forces: Yes contra No. We pull ourselves together, we contract and compress ourselves and implode. Once we really get in contact with this deadness, something interesting happens: the implosion becomes explosion. The death layer comes to life, and this explosion is the link up with the authentic person who is capable of experiencing and expressing his/her emotions.

*In the fifth or the explosive layer
we can experience four basic kinds of explosions: we can explode into genuine grief if we work through a loss that has not been assimilated, into an orgasm if we were sexually blocked, into anger and into joy, laughter, joie de vivre. These explosions connect with the authentic personality, with the true self.*

1. The fear to exist



starts the moment we are born. When we come out of the womb, completely helpless and vulnerable, we are demanded to trust the world enough to say Yes to life and start breathing independently. A matter of life and death. The question is how welcome we are. Are our parents so happy with their new baby that they are fully prepared for us? Is the whole family waiting with excitement and love for the newly born? Or is it the wrong moment because we are not wanted? The first fear that is an existential fear starts doing its work. What we need is a mother figure who comes regularly to feed us, gives us warmth and attention, a mother who changes our diapers, cleans and cuddles us, a mother who takes time to give us the feeling that we belong on earth and came home.

1. Basic need: to have a place and belong.



Every human being has a right to have his or her own place and space. It starts early. A child that is being born needs its own place. The first and most literally own place of a child is the womb. By carrying the child in her body the mother gives implicitly the message: 'You have a place in me and I will take care of you.' Children love to play with having a place: they built huts, they hide away, they creep into holes and play changing trees. Later their own place will become more a spiritual one by creating a world of books, stories, music, hobby's, clubs, sport. If a child has the feeling it belongs, it is depending except on its family on its social surroundings. A child belongs to this family, this neighbourhood, this school, this social class. When a family is moving a lot and a child often loses its school and friends it can become unbalanced because it does not have enough time to root and feel the ground.

1.Demand: Saying Yes to Life



Only when we become conscious of what we do, can we change our behavior and say “this is me, I am what and who I am, whether I like it or not”. In order to empower ourselves, we must be prepared to let go of our idealized image as the superman or superwoman we thought we should be.

If you want to know what this has to do with Saying Yes or/and No go to Turning Points chapters 39 to 46.

It is all about getting out of the victim role. In the pdf of the ‘Saying Yes to No’ cards, you find the guidance you need.

2. The fear of being abandoned



The second fear that can dominate our lives is the fear of being abandoned. When we discover that our mother is the source that provides in all our needs, we get afraid of losing her. Without her we have no chance of survival. Without her we are out of food, out of warmth, out of being held and cuddled. Even if we get a clean diaper and milk but no loving attention, we will feel unwelcome. The question of how the mother can be forced to be present in our life can become dominant. In the period when we are most vulnerable, we are already confronted with the inevitable existential loneliness of life.

2. Basic needs:

nourishment, warmth, attention



Nourishment is a vital basic need. Having to fight for food is humiliating and beneath human dignity. The way your mother did feed you as a baby, determined if you felt content or not. Nourishment is not only about milk and other food for your body, but also about nourishment for your soul like being touched and caressed. If you were mistreated or beaten as a child instead of lovingly held, you have become sincerely confused. A child can get so used to being beaten and decide that to feel pain is better than to not feel anything at all. Being nourished also means being taken care of. Care for your bodily, mentally and your spiritually wellbeing.

2.Demand: to stand on your own feet



Every day we have to nourish ourselves. We need healthy food, but what is healthy for you? Eating can also become an addiction to fill this empty spot we feel nagging constantly inside. Rather stuff ourselves with food or alcohol or drugs than to feel this pain. But the pain is about what we missed when growing up. As long as the basic need of getting the right attention or warmth or love or mental and spiritual nourishment is not fulfilled, our body will give us signals that we have work to do. For now we are grownups there is no use to wait until what we long for comes from outside. We will have to do something ourselves

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3. The fear of guilt and punishment



As we grow older and have to become more free from the close bondage with our mother, the fear of guilt and punishment is born. We learn how to walk and talk and discover we have our own will that can be diametrically opposed to that of our father or/and mother. Our parents can become angry and will make it clear to us that there are orders, commands and prohibitions. In this way a new fear enters, a fear of not doing the right thing. We are lucky when we have parents who give us boundaries that can be talked about. Parents who make it clear that we even as a child need discipline and rules to live our lives. But if we are raised by parents who behave rigidly and dominantly, who punish us without adding a kiss, we are liable to become so afraid of being guilty that we hardly dare to take the risk of making our own choices and making mistakes.

3. Basic need: support, protection, safety



Needing support is related to being carried and held. You can feel in your body, if you were literally carried and supported under your bottom. Feeling uncertain and not grounded can be connected to a lack of support when you were small. Falling and back- and legs complaints can be a problem. The kind of support you need will change with the age we have: being carried, walking hand in hand, being brought and collected, homework support, back ground support, financial and moral support.

3. Demand: Becoming Autonomous



Becoming autonomous is a rather private process in the sense that no one can do it for you. Of course we need teachers, we need role models we can follow, we need to communicate to know if we are received in our thinking, in our convictions, in our . You can start a study that speaks to you. But be aware of what you are learning by keeping in touch with your body. If your body gives you signals of nausea or stress or pressure or pain, you better take time to explore if you are on the right path. Meditation is a way to do it. Learning the difference between living in your head or being in the reality of the now is vital. Your head can play games with you. One day it is like this, the next day like that. It makes us uncertain. That's why we have to become aware and take time to listen to the wisdom of our inner truth.

4. The fear of not being good enough



When we get older we discover that there are boys and girls, big and small children, ugly and beautiful people, rich and poor ones, strong and weak men and women. We are confronted with the questions: who is better, who is the best? The fear that appears now is the fear that we are not good enough as we are. Would it not be better if I were a boy instead of a girl, big if I am small, have curly hair when it is straight. Shouldn't I be strong when I appear sensitive. Does my family, does the world love me now it seems I do not answer the perfect image?

What we need are role models we can identify with. That is why we have idols and look up to our parents, but often our heroes and parents tend to fall from their pedestals, leaving us with the longing to be at least better than they are. But how can we?

4. Basic needs: to be seen and accepted for who we are.



Protection is about dangers from outside, limits is about danger from inside. If you cannot limit and restrict yourself it will be difficult to determine the boundary between yourself and your surroundings. The result will be that you are overwhelmed by feelings of omnipotence. You will swing to and fro between feelings of being able to do anything or nothing at all.

Frustrations will be the result. You will have to give up the illusion that the world is turning around you. If you are unable to make your borders clear, you won't have a clear image of the Other as a human being with good and bad qualities. It will make connecting difficult and not really satisfying

4.Demand: To be who we are



Demand 4

Be Who you Are

To be who we are is the quest, the ultimate challenge life poses us. When we become aware we discover that we function on different levels. Whatever we do, we always have to follow the five Gestalt Layers. In the first one, the cliché layer we stay polite and communicate by giving predictable answers. Nothing wrong with in itself, we just behave as we should. Very practical when we need information or are shopping. ↔

4. Demand: To be who you are - Continued

In the second one, the fobical or roleplaying layer, we act as if we are the role we are playing. We act as if we are the mother, or the father, the daughter, the son, the teacher, the sporter, the artist, the nurse, the doctor and so on. We answer expectations or not. We say Yes to life or No. The problem is that we do not have a choice. We believe we have to do it or we think we cannot do it, depending on our survival patrons. When crisis and confusion enter our lives, we have arrived in the impasse, the third layer. May be we get ill, have a burn out, lose our job, end our relation and feel we are in the wrong film. We thought we knew the answers, but as it turns out life has some difficult surprises for us. For fear of feeling the pain we hold our breath, constrict ourselves, stop taking risks and become rigid.

It is how we land in the fourth layer, the implosive or the fear of death layer. The power of the opposing forces paralyze us. Only when we face the threat something remarkable will happen. We will start breathing again giving our bodies the energy to stream and be open for the fifth layer: the explosion. Now we are able to express our feelings of anger, of sadness, of joy of fear. Now we feel as a human being we can be authentic. It is a process that will repeat itself daily. We have to go through it again and again.