

Published: Monday July 24, 2017

Meeting and satisfying needs that arise in me

T. T. SRINATH

Ignoring our need for affiliation, affection and inclusion can be damaging

My mother spent much of her youth and later engaging with people, for her work was of that nature. Nowadays, owing to age and infirmity, that has limited her mobility, she is unable to meet people or socialise. Her restricted lifestyle causes her irritation and breeds within her a sense of loss.

I realise she is not alone in this and whatever be our ages, we all have needs that have to be met.

Most of us, to be fully alive human beings, have several needs that have to be met. Some need affiliation, some affection, some inclusion, and some even the need to control.

If I can be in touch with my needs, express them responsibly and seek to get them met, the resultant feeling is often one of satisfaction. If unexpressed, sometimes repressed, needs can fester in us and turn pungent and toxic. In not recognising this, we tend to direct all frustration outward and corrupt many of our relationships.

Sanity and mindfulness will enable each of us to be in touch with needs that constantly arise in us, and if we give them responsible expression, they will help us remain whole and healthy.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@gmail.com)