

Basic Needs and Parent Functions
Adapted from the work of Albert and Diane Pessó

Five Genetic Requirements Basic Needs L (Literal) to S (Symbolic)	When Need Is Met ("If All Goes Well")	Possible Adult Problems If Need Is Unmet "If All Doesn't Go Well"	Body Part Affected and Sensations
<u>PLACE</u> L – Uterus, Arms of Parent S – Mind and Heart of Parent Defines Location/Identity	Child develops secure Attachment and feels like they belong. He/She has a clear sense of his/her identity	Eating Disorders (over and under eating). Workaholism (not accepting nurturing). Relationship problems about nurturing. Not taking care of self (leading to burnout, depression, boredom). Empty, Hollow inside, Angry & unsatisfied	Front of body, throat, arms, legs. Warm (asking). Pain (conflict). Tingling, itching. Throat tight (grieving).
<u>NURTURANCE</u> L – Umbilical Cord, breast or bottle S – Loving words, tender touch, Kind looks Defines our insides Makes us feel full	Child has good self esteem and self love (not self critical)	Helplessness and dependency. Panic about new experiences. Problem solving difficulties. (won't ask for any help). Poor balance Insecurity Nightmares about falling into a bottomless pit	Lower part of body, spine, Shaking knees; cramping calves and feet. Off balance Stiff – tight body (which can lead to injury)
<u>SUPPORT</u> L – Uteran sack, carried by parent S – Our efforts are supported Defines weight bearing areas	Child is able to encourage his/her self and can solve their problems and can ask for help when needed	Anxiety, fearful, timid, skeptical. May become counterphobic, taking very dangerous risks. Helplessness Powerlessness Vulnerable Penetrable	Trembling, shaking, quivering. Tense or hunched shoulders. Panicky or darting eyes. Blurred vision. Headache, cold extremities, stomachache, heart racing.
<u>PROTECTION</u> L – Parents shield us against danger S – Parents "have our backs"	Child knows how to provide safety and security for his/her self	Feel like an outsider, shy, isolated. Insecure, fearful in groups. Separation anxiety, Identity confusion. Relationship Problems (no sense of belonging). Preoccupation with God/Heaven Absorbed with death	Chest, stomach, head. Dizziness, emptiness.
<u>LIMITS</u> Help us know our powers are <u>not</u> uncontrollable, omnipotent, or infinite by: Parents satisfy basic needs Parents handle aggressive behavior so we don't kill or destroy. Parents respond appropriately so we Channel our sexual expressions in Appropriate ways.	Child develops self control and balance Child is independent and interdependent <u>not</u> omnipotent	Over structuring-obsessiveness and compulsiveness. Numbness or repressed emotions due to fear of expressing them.	Low back pain, constipation (overstructuring). Headaches (from repressed emotions).