

Pathwork on
Facing Real Needs

The popular Non-Violent Communications program developed by Marshall Rosenberg is based upon understanding how one's needs affect emotions. When needs are met, life is good, emotions positive. When needs are not met, life is bad, emotions negative. This quote from Lecture 100 *Meeting the Pain of Destructive Patterns* distinguishes *mature* needs from *immature* needs and is a complementary teaching that looks more deeply at our needs as human beings. It invites us to inquiry concerning our needs.

23	<p>In a previous lecture we discussed the subject of human needs. Before you uncover your various "protective layers," you cannot even be fully aware of your real needs. You may know some of your unreal, superimposed needs, but only after a fuller understanding of yourself do you gradually become aware of the basic, naked needs that you have held in check. When you experience the pain, before crossing the threshold into emotional maturity and productive patterns, you have the possibility, if you so choose, to become precisely aware of these needs. This is inevitable if you wish to come out of your present state of unproductive living.</p>
24	<p>As you go through the process of becoming aware of your needs and of the frustration of their unfulfillment, you will find first the stringent need to be loved just as the child needs to receive love and affection. However, it cannot be said that the need to be loved is childish and immature. It is only so when the adult person has locked his or her soul and refused to grow in his or her own capacity to give love, so that the need to receive remains isolated, as well as covered up. Through your destructive patterns, you pushed your painful need to receive love into the unconscious. Due to this unawareness and to your defense mechanisms of various sorts, your ability to give could never grow within your psyche. However, during all the work you have done, you have not only become aware of so much that was hidden away, but, you have also begun to dissolve certain destructive levels. This has allowed your ability to give love to surface, even though you may not yet be fully aware of it.</p>
25	<p>As you encounter the pain, you actually experience the tremendous pressure of your needs. On the one hand, you face the need to receive which remains ungratified as long as the destructive patterns prevail. It requires some time to gain the necessary strength and resourcefulness to bring about the fulfillment of this need to receive. On the other hand, the need to give cannot find an outlet until this stage is reached. Thus a double frustration is caused -- and this generates tremendous pressure. It is this pressure that is so painful. It seems to tear you apart.</p>
26	<p>Do not believe, my friends, that the pressure, the frustration did not exist before you became aware of it. It did exist, but it created other outlets, perhaps in physical sickness, or in other symptoms. As you become aware of the central core, the pressure and pain may feel more acute, but such must be the healing process. You thus draw your awareness to the central cause where the problem really lies. You focus your attention on the root. You shift your emphasis from evasion to reality. The real pain has to be experienced in all its shades and varieties. You have to become aware that your needs are exactly both to give and to receive. You need to feel and observe the</p>

	<p>frustration of the accumulated pressure, the momentary helplessness about finding relief, the temptation to evade yet again. As you battle through this phase and grow stronger, you will no longer run away from yourself and from the apparent risk of living. Opportunities will come your way. You will see them and make use of them. They will teach you to further your growth and strength until your needs can find partial fulfillment, and then little by little increase it as you grow and change your patterns.</p>
27	<p>You must understand that at this period you find yourself in an interim stage. You have become aware of your need to receive, which is in itself healthy. But this need has become exaggeratedly strong and therefore immature, because of your repression of it and the consequent frustration of the healthy fulfillment of receiving. If you do not receive enough, your demand grows out of proportion, especially when you are unconscious of it.</p>
28	<p>Due to your progress and to the growth that has taken place within you, the mature need to give has also grown. Before, you could not find an outlet for this because the destructive patterns were still in effect, perhaps only partly, or in a modified form. You may even have made attempts to compromise between the old and the new, desired, way. However, do not forget that effective results can come only when the new patterns become an integral and almost automatic reaction in you. Your old patterns have been in existence for years, decades, and often through several lifetimes in which you have shied away from facing the same problems, and facing life as it is. Now, as you learn to do so and have begun to change inwardly, outer change does not come at once. In this period, the pressure inside may become most stringent. However, if you realize all this and have the courage to go through it, you are bound to come out a stronger, happier person, better equipped to live in the true sense of the word. Beware of turning back into evasion all over again. Do not believe that this temporary period in which you encounter all the accumulated inner pressure, with the accompanying helplessness, inadequacy, and confusion, is the final result. It is the tunnel through which you must pass, my friends.</p>
29	<p>After you do so, your sense of strength, adequacy, and resourcefulness will grow steadily -- with occasional relapses, of course -- but if you make each relapse serve as a further stepping stone, a further lesson, the new patterns will eventually establish themselves in your inner being and will make you see the possibilities you have overlooked for so long. You will then have the courage to explore these possibilities, instead of rejecting them in fear. Thus, and thus only, will the fulfillment come.</p>