

From Pacifiers to Needs

1. I am stuck on the following pacifier ...a specific situation in which I used this pacifier
2. As I reflect on that situation, what is my phenomenological experience. What sensations do I have in my body?
3. My jackal (habitual negative) thoughts that fuel my pacifier.
4. How does this pacifier validate my beliefs about myself, others and the quality of life?
5. Who am I "with this pacifier?" Who am I "without this pacifier?"
6. How does my pacifier help in maintaining the illusion of the separation from others – does it give me a sense of self-righteousness?
7. Am I being mindless while using my pacifiers (doing the same thing and continuing to expect different results)? Am I obeying anybody's command as I keep using my pacifier? What do I need to tell this voice/part that controls my behaviour?
8. My fantasy of the needs, wishes, dreams I am attempting to meet through this pacifier.
9. What would I get if these needs were met?
10. Dig deeper for layers of needs – let's look at the well of needs. What else would I get if the above needs were met.

11. What is my phenomenological experience now as I identified my needs? Am I able to experience the beauty of my needs and the aliveness that recognising them brings? If not, let's stay with the well of needs. Identify any jackal thoughts that may be coming up – empathise with them to get to the core needs
12. What is the permission that I need to give myself before I look at other strategies
13. My brainstorm of other strategies/requests of myself or others to meet my needs:
14. My empathy for the other person who interacts with me and my old pacifiers (my guesses of their feelings and needs)
15. How do I react/respond when someone else is stuck on a pacifier that involves me?

My reflections from this exercise: