Peace Literacy Worksheet: Our Non-Physical Needs

Name/date__________________________________________________________

After watching the video of Paul K. Chappell on our Non-Physical Needs, answer the following:

How can a healthy sense of purpose help us get food and shelter?

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How are humans similar to wolves?

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According to Chappell and Vronsky, what is one reason that people become mass shooters?

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What happens when people have low self-worth?

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Notes:

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How do people respond when their worldview is threatened?

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According to Chappell, what are some reasons why people join extremist groups?

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You can learn more about our non-physical needs in the essay “A New Peace Paradigm: Our Human Needs and the Tangles of Trauma” available for free download on the main page of http://www.peaceliteracy.org. We also have each of the 9 non-physical needs presented as discussion prompts for leadership at http://www.peaceliteracy.org/leadership.
## Helping Identify and Respond to Non-Physical Needs

<table>
<thead>
<tr>
<th>We all have 9 non-physical needs:</th>
<th>Here’s some ways we can help meet these needs in our clients (these are just examples):</th>
<th>Here’s other examples we can try, relative to different client needs:</th>
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</thead>
<tbody>
<tr>
<td>Purpose and Meaning</td>
<td>Assign a responsibility.</td>
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<tr>
<td>Nurturing Relationships</td>
<td>Express care and concern, show compassion/empathy, connect and be present</td>
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<tr>
<td>Explanations</td>
<td>Offer explanations (or help them find explanations themselves), seek explanations, always try to answer questions (model honesty and curiosity when you don’t have the answer), invite and coach them to ask questions, respond compassionately to questions.</td>
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<tr>
<td>Expression</td>
<td>Invite their perspectives, invite their opinions and insights; open door policy for grievances or suggestions; minimize mechanical distance in communications (e.g., less email, more face-to-face)</td>
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<tr>
<td>Inspiration</td>
<td>Inspire, be enthusiastic, provide a vision, imagine together, set goals, give achievable targets, give pep talk, lead by example.</td>
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<td>Belonging</td>
<td>Help them connect with others, choose a friend to do an activity, restore or reconnect; introduce a ritual of greeting, ritual of welcome; encourage them to represent as members of a community; create special greeting.</td>
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<tr>
<td>Self-Worth</td>
<td>Offer positive affirmations/reminders; provide growth mindset activity, acknowledge learning pit, normalize mistake/error, acknowledge strengths, express appreciation and gratitude, acknowledge positive behaviors and impact</td>
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<tr>
<td>Challenge</td>
<td>Give achievable challenge, invite problem solving, invite creativity, invite friendly and productive competition</td>
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<tr>
<td>Transcendence</td>
<td>Be in the present moment; find ways to create a sense of wonder and awe; practice meditation/developing deep focus and concentration; model savoring of joyful moments.</td>
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