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.

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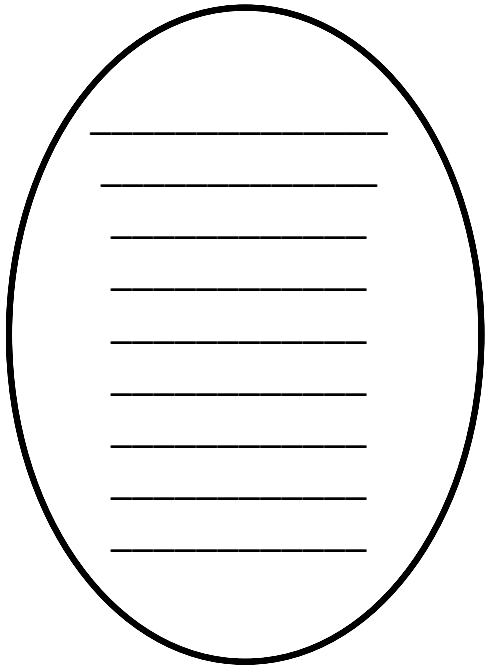
Fill in the blanks:
Our Nine Non-Physical Needs



Helping Identify and Respond to Non-Physical Needs

We all have 9 non-physical needs:	Here's some ways we can help meet these needs in our clients (these are just examples):	Here's other examples we can try, relative to different client needs:
Purpose and Meaning	Assign a responsibility.	
Nurturing Relationships	Express care and concern, give full attention, show compassion/empathy, connect and be present	
Explanations	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.	
Expression	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)	
Inspiration	Inspire, be enthusiastic, provide a vision, imagine together, set goals, give achievable targets, give pep talk, lead by example.	
Belonging	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.	
Self-Worth	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	
Challenge	Give achievable challenge, invite problem solving, invite creativity, invite friendly and productive competition	
Transcendence (transcending our sense of time)	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.	