

Intellectual-Needs

Reading
Writing
Arithmetic
Organization
Socializing
Mental stimulation
Caffeine - want
Power drinks – want
Discernment
Use skills/knowledge for betterment of society
Character
Healthy

- Physically
- Mentally
- Intellectually
- Spiritually

Self Discipline
Emotions
Compassions
Chocolate
Creativity
Driven to do better
Self-improvement
Excel
Multiple Intelligences –

- * Art smart *Math/science smart
- * People smart *Word smart
- *Nature smart * Self smart

Quiet place to study
Money smarts
Street smarts
Multitasking
Journaling
Laughter – Sense of humor
History

Scholastics
Conversations
Knowledge to meet needs and make decisions
Training
Mentally challenged
Arts
Books
Motivated
Bible
Self esteem
Discussions
Confidence
Classes
Encouragement
Inquisitive
Support
Meditation
Medication
Competitive with each other
Nourishment
A hunger for knowledge

Intellectual – Needs Met

Creativity/Hobbies

- Dancing
- Singing
- Art
- Quilting/Crafts
- Instruments
- Self Expression
- Writing
- Gardening

Journaling

- Discussions/Debate
- Brainstorming
- Random
- Shared experiences
- Problem solving
- Compromise
- Conflict resolution
- Learning from others
- Self-achievement
- Socialization

Organization

- De-clutter
- Make a list
- Prioritize
- Time management

Education/Knowledge

- School/Classes
- Discipline
- Books
- Opportunity
- Research
- Adventure
- Traveling
- Experiences

Intellectual - Interruptions

Fear

Money

Other responsibilities

Self doubt

Condemnation

Kids

Procrastinating

Relationships

Laziness

Time

Not your priority

Health

Work

Perfectionism

Learning disability

Bad teachers

Abuse

Depression

Guilt

Social - Needs

- Acceptance/Trust*
 - Gratefulness
 - Adult interaction*
 - Companionship*
 - Compassion
 - Pride
 - Love*
 - Thankfulness
 - Caring
 - Respect*
 - Fun*
 - I
- * = Important to note

Social – Needs continued

- Laughter*
- Body language
- Depth
- Ability to learn from others
- Self-righteousness “know it alls”
- Leaders/followers
- Mentors
- Teach ability
- Accountability
- Peace maker/conflict resolution
- Listener
- Edify
- Joy
- Influence
- Mothering
- Status
- Code of ethics
- Morality
- Boundaries/rules & regulations/governance
- Commitment
- Shyness
- Loud
- Co-workers
- Loneliness
- Comfortable
- Challenge
- Transparent
- Etiquette
- Vulnerable
- Family/friends/group of people*
- Support*
- Purpose
- Communication* silent/verbal
- Physical
- Confidant
- Expression
- Loyalty
- Openness
- Disagreement
- Honesty
- Fear
- Images
- Admiration
- Jealousy
- Patience
- Hugs
- Multi cultural
- Diversity
- Caretaker
- Mistakes
- Tolerance
- Popularity
- Grieve for loss
- Time
- Social classes
- Introverts/extroverts
- Healthy competition
- Anger
- Self esteem
- Judgment
- Affirmation*
- Wisdom
- Being able to cooperate/share*
- Emotional

* = Important to note

Social – Needs continued

- Spiritual community/church*
- Forgiveness*
- Sense of humor
- Truth in love
- Non-judgmental
- Encouragement*
- Empathy
- Kindness
- * = Important to note
- Need to be needed/neediness
- Moodiness
- Correct-ability/correctable*
- Opinionated
- Bluntness
- Money
- Dependable*
- Things in common

Social - Needs Met

Laughter
- Jokes
- Dancing
- Activities

Getting along with others
Tolerance
Face time

Trust
- Share secret self/vulnerability
- Reliability
- Reciprocity
- Non-judgment
- Accountability

Forgiveness
- Develop social –important part
- Release
- Freedom
- Written letter
- Talk – communication
- Gift giving
- Pray for God to bless them

Acceptance
- Time
- Eye to eye contact
- Verbal communication
- Touch

Social – Needs Met continued

Boundaries
- Respect – being able to say ‘No’
- Honesty/consistency
- Integrity
- Confront/conflict resolution
- Agree to disagree

Communication
- Talk, body language, non-verbal
- Listening/tone
- Eye contact
- Written
- Words of affirmation, quality time, gifts, services, physical touch, etc.

Social – Interruptions

Critical spirit
Work
Laziness
Perfectionism
Fear
Offense
Hurt
Control
Aggression/depression
Wrong boundaries
Health (Body/mind)
Lack of confidence
Pride
Strange relationships
Unmet expectations
Busyness
Victim mentality

Spiritual – Needs

The desire to be more like Him
- Christ like
- Healthy

Discernment
- Your soul knows
- Conviction

Provides a foundation
Fellowship
Answers and blessings
Eternal life
Reflection
Direction
Praise
Freedom
Love
Gifts of the Holy Spirit
Worship
Forgiveness
Belonging

Omniscience
- Knowing God is
- God's power

Creator
Trust
Faith
Intimacy
Filling 'the need'/filling the God shaped
hole
Healing
Devotion/quiet time with God
Prayer life
- 2-way communication
Surrender
Obedience
The in filling of the Holy Spirit
Relationship with God
Acknowledge the spiritual
Acceptance
Peace

Bible reading
God being in control
Share with others – evangelism
Confidence in the Holy Spirit
Unconditional love

Truth
Hope in something more
Guidance
The Presence of God
Encouragement

Spiritual – Needs Met

Evangelism

- Serving
- Engaged in society
- Testimony
- Loving people
- Interactions

Devotion life

- 1 on 1 time with God
- ‘Date time’ with God
- Read your Bible/devotional
- Sing
- Listen for God’s voice
- Fellowship/go to church

Relationship with God

- Surrender...Trust
- Worship...Honor God
- Sing
- Laughter
- Prayer
- Dance
- Speaking
- Seeking
- Yield
- Serving

Holy Spirit

- Invite Him
- Trust
- Spiritual Intelligence
- Talks to you directly
- Scripture
- Talks to you thru circumstances
- Intuition
- Dreams

Spiritual – Interruptions

Time
Satan/enemy
Non-believers
Society
World
Lazy
Doubt

Unbelief
Never thought
Lack of knowledge
Self deception
Spiritual abuse
Busyness
Undisciplined

Shame

Physical – Needs

Sex/sexuality

Eat

Burp

Sleep

Pee

Pedicure

Massage

Health

- Eat well
- Exercise
- No smoking
- No diet pop

Trust

Oxygen

Vitamins

Medical

Listen

Growth

Shelter...work...food

Clothing

- Hairstyle

Touch

- Hands
- Stroking hair
- Pat
- Kiss on the cheek

Chocolate

Caffeine

Physical – Needs Met

Bowel Movements

Exercise

Drink water

Clothing

Warmth

Air conditioning

Hormones :(

Family

Good hairstylist

Personal Hygiene

Good Health

Shelter

Cute shoes

Talk (communication)

Laughter =~D

Masturbation? (Is this a sin?)

Make-up

Puberty/menstruation/menopause

Physical – Interruptions

Children

Health issues

Abuse

Laziness

Impotence

Absent spouse

Poverty
Lack of education
Marital status
Age
Addiction
M/M
Culture
Body image
Religion
Shame
Disease
Unavailability
Medication
Tired
Stress
Mental illness

Notes from the Maranatha Woman's Retreat February 26th- 28th 2010