

Episode 12: 10 Emotional Needs

Original Script:

Hey there! Did you join my Levantine Masterclass? We are offering 14 days free trial so head over to www.nasmaofny.com to start your free trial today. Everything will be in the show's notes.

Today's episode is different. I want to use this platform and bring on the show a variety of topics to support your Arabic Journey.

Today I invited by friend Tania. Tania is Lebanese living in Lebanon. She is a professor at the American University of Beirut in the field of global affairs and an author in the field of psychology, cyberlaw, and international law. But before we begin, I would like to thank Tania for taking the time to record this while her house was affected from Beirut blast on August 4. Hamdela 3ala salemeh Tania, and thank you so much for doing this.

Mar7aba esme Tania Nehme, ana istezeit jem3a bkiliyet el 3uloum el siyese bil AUB w bensor makalet bmawadee3 3elem alnafes, 2anoun el internet, w anoon duwali. Lyom ra7 e7ki ma3kon 3an mawdou3 al7ajet el 3ilakatiye w keef tab2uwa 3a7alkon w 3ala el 3ilakat el 2aribe menkon.

-So, what are relational needs?
shu hiye el 7ajet el 3ilakatiye?

El 7ajet el 3ilakatiye hiye el 7ajet libtensha2 men el tafe3ol el bashare. Ya3neh Relational needs are the needs that grow out of human interaction.

-Why is it important?
Le hiye mheme?

Mibujarad eno tefhamo hal 7ajet, bseer fikon tefhamo keef el shakhes el a5ar b shuf el 3alam li 7awaleyon bel nesbe la tajeribon el seb2a w keef byi2sha3o mawe2fak tijehon. Ra7 tsa3dak b tatweer w ri3ayet 3ila2atak ma3 el 2ashkhas el7awalek. Bas abel ma ntabe2 hal dirase 3a ghayrna lezem nefham 7alna w 7ajetna la nseer ne2dar nefham ghayrna.

Ra7 nbalesh b share7 el 3asher 7ajet, w nerja3 na7ke 3an shu b seer bas ma tetlaba 7ajetna. Men ba3da la7 es2alkon kaza so2al fa 7adro war2a w alam, la nestakshaf sawa shu aham tlet 7ajet li 3andon. Mhem ta3rfo eno na7na b 7ajeh la el 10 7ajet b aw2at w mawe2if m3ayane b 7ayetna, bas fi 7ajet men 7eb tlabina yeha el 3alam aktar men ghayra. Kamen mhem ta3rfo eno na7na men 7eb netla2a 7ajet me5telfe men el ash5as li b 7ayetna. Masalan el 7ajet li b7eb etla2eha men emme gheir 3an el 7ajet li b7eb etla2eha men jawze aw wlede aw zumale2e bel sheghel.

Very interesting how our human brain is built. We are full of needs and some needs are higher than the others. Having an emotional balance is very important. As important as having a balanced meal. In order for us to have a balanced, happy, thriving relationships, we need to have a balance of these 10 relational needs. And as Tania mentioned earlier, it's important to

understand that we require different needs from different people in our lives. But what you need from a partner is different from a family member. What are these 10 relational needs?

- 1- Acceptance – aw taqabol yghado el nazar 3an 3ouyubete, w yetjewabo ma3e b tari2a ijebiyeh. In other words, accept me as I am with all my imperfections.
- 2- Affection – aw 3atfe ykon fi tawasol ma3 el-shakhes, w akid physical touch.
I have some friends that hate to be touched. And some of my friends they feel the need to hold hands anywhere they are.
- 3- Appreciation – aw Ta2dir- lama bit2ader el-shakhes shu ma bya3mul. W bitla7ez enjezeto.
I remembered my mother here, because when my mom cooked something. She keeps asking; is the food was good, she checked in every minute. Carol how is the food is good right?
- 4- Approval – aw Mowefe2ah- w te7keh 3ane bil mni7 dayman- edemeh w b ghyebeh.
This is like verbal rating.
- 5- Attention –aw El-ehitimem- w tbyane enta mehtam b shu b2ol aw b afqareh.
- 6- Comfort – aw Ra7ah- tsherek za3aleh w tkon mawjod la tameneh.
I for instance, if I'm sad or upset, I isolate myself. And my friends blame, why don't you tell us? Why don't you call us? I'm like, I don't know when I'm upset I like to isolate myself.
- 7- Encouragement – aw Tashji3- tshaje3neh dayman la 7a2e2 ahdefeh.
- 8- Respect – aw E7tiram- te7terem afkareh w t7asesneh afqareh ela emeh 3indak.
- 9- Security – aw El-amen- te7mineh min aya aza w kamen ykon fi insejem.
- 10- Support – aw El-da3em- tse3ed el-shakhes b aya shi.

Thinking about these 10 needs really helps me get an insight of myself and the things I need. But what happens when our needs are not met? Tania is going to talking about: 3 different things happen to us when our needs are not met.

Shu biser lama ma tetlaba 7ajetna? Fi tlat eshya mnhemeh min wejeha lama ma btitlaba 7ajetna.

- 1- Selfishness - aw Ananineh- biser badna bus nekhod min el-shakhes el-teneh bidon ma nfaker abel kif na3te.
I've actually met so many people that can only take but unable to give back. And relating the 10 emotional humans need, makes sense on why someone could develop a selfish personality. I think I get it now.

2- Self-reliance – aw El-e3timed 3ala zet- bit7es inak badak ta3mul kil shi la 7alak w ma badak mose3deh min 7adah. W 3adatn el-ashghas yale 3anet ktir min abel biser 3inda hayed el-7aleh. Byefe2do el-se2ah b el-nes w el-ashkhas yale 7awalyhon. W bifakro hene lezim ya3mlo kil shi la7alon.

OMG that's actually me! I have a high self-reliance and I don't like to depend on anyone. I rarely ask for help and I thought this was a positive thing.

3- Self-condemnation - aw Edenet el-zet- min bakhes b 7alna. Bit7es bil zaneb lama 7ada ya3mul shi mni7 ma3ak w ma fik tit2abal aya gift aw hdeyeh min 7ada aw 7ata kilmeh hilweh.

Self-condemn people usually apologize a lot. 3ashen bifakro inu hene mish ma7bobin w dayman bye3tizro aw 3indon 3e2det el-zaneb 3alyeh or they always feel guilty. Guilty inu hene 3emlo shi ghalat ma3 el-shakhes.

The test:

Please answer the following 50 questions. Take time to individually respond to the following statements by placing the appropriate number beside each sentence according to whether you strongly disagree or score the sentence 1 point, disagree 2 points, are neutral 3 points, agree 4 points, or strongly agree 5 points. When you have completed all 50 statements. Make sure to write the number of the question you are answering in order to interpret your answers.

1- Ma bwefi2 bshedde, 2- ma bwefi2, 3- 7iyede/7iyediye 3al mawdou3, 4- bwefi2, 5- ktir bwefi2

We won't be reading the 50 questions here. We figured it will take long. I will have them available on my website with the instructions. I took the test so go ahead and take yours and share your answers with me. Thank you for listening, thank you Tania for this wonderful topic. Don't forget to follow us on Instagram: @Levantinearabic_bynasma.

Translation:

Hey there! Did you join my Levantine Masterclass? We are offering 14 days free trial so head over to www.nasmaofny.com to start your free trial today. Everything will be in the show's notes.

Today's episode is different. I want to use this platform and bring on the show a variety of topics to support your Arabic Journey.

Today I invited my friend Tania. Tania is Lebanese living in Lebanon. She is a professor at the American University of Beirut in the field of global affairs and an author in the field of psychology, cyberlaw, and international law.

Hello, my name is Tania Nehme, I am a university professor in the field of global affairs and a published author in the fields of psychology, cyberlaw, and international law. Today I will be discussing relational needs and how to apply it to yourself and relationships close to you.

So, what are relational needs?

Relational needs are the needs that grow out of human interaction.

Why is it important?

Once you understand these needs, you will gain the ability to understand how others perceive the world around them according to their past experiences and how they perceive your behavior, motives, and attitude towards them. This will ultimately help develop and nurture your relationships with people around you. However, in order to do that, one must understand themselves first.

Therefore, we will start by discussing the 10 needs, then explain the result of an unmet need, and then provide you with a list of questions I want you to answer, to uncover your top three needs. It is important to note that we all need the 10 relational needs in some measure and especially at particular times. However, we usually tend to enjoy receiving some over and above the others. Moreover, it is important to understand that sometimes you require different needs from different people in your life. What you need from a partner is different from what you need from a mom or a dad or a sibling or a coworker.

Very interesting how our human brain is built. We are full of needs and some needs are higher than the others. Having an emotional balance is very important. As important as having a balanced meal. In order for us to have a balanced, happy, thriving relationships, we need to have a balance of these 10 relational needs. And as Tania mentioned earlier, it's important to understand that we require different needs from different people in our lives. What you need from a partner is different from a family member. What are these 10 relational needs? But before we begin, I would like to thank Tania for taking the time to record this while her house was affected from Beirut blast on August 4.

11- Acceptance – receive me unconditionally; look beyond my faults and irritations, respond positively to me.

In other words, accept me as I am with all my imperfections.

12- Affection – communicate care and closeness through physical touch. Tell me you love me.

I have some friends that hate to be touched. And some of my friends they feel the need to hold hands anywhere they are.

13- Appreciation – verbalize your personal gratefulness for me, notice my achievements.

I remembered my mother here, because when my mom cooked something. She keeps asking; if the food was good, she checked in every minute. Carol the food is good right?

14- Approval – commend me for who I am. Speak well of me to others.

This is like verbal rating.

15- Attention – show interest in and support for my concerns; enter my world with me.

16- Comfort – share in my pain by feeling the hurt with me, console me with tenderness
I for instance, if I'm sad or upset, I isolate myself.

17- Encouragement – urge me forward positively; help me persevere towards my goal.

18- Respect – value my ideas, give regard to my opinions; show me my worth to you.

19- Security – protect me from harm, pursue harmony, give me confidence when I am vulnerable.

20- Support – come alongside me to gently help me carry a load.

Thinking about these 10 needs really helps me get an insight of myself and the things I need. But what happens when our needs are not met? 3 different things happen

What happens when your needs are not met? There are three main dangers for us when needs are unmet.

4- Selfishness - we seek to take from others instead of giving. Within a marriage each partner can become preoccupied with their own needs, looking always to take what they consider to be their right to have, never focusing on giving first to the other. Taking for ourselves is never satisfying and such a relationship will crumble. I've actually met so many people that can only take but unable to give back. And relating the 10 emotional humans need, makes sense on why someone develops a selfish personality.

5- Self-reliance - believing that all that is needed to survive and be happy can be found within oneself. Families can encourage self-reliance and discourage showing true feelings to others. The ability to stuff feelings down inside is then regarded as a virtue. Those who have experienced a lot of hurt or pain in childhood may have wrongly learnt that to survive they mustn't let anyone see their hurt. "Big boys or girls don't cry". Sadly, it is also difficult to feel positive emotions, to feel loved by another, if self-sufficiency has been the priority. OMG that's actually me! I have a high self-reliance and I don't like to depend on anyone. I rarely ask for help and I thought this was a positive thing.

6- Self-condemnation - believing that we are not really loveable, that we are unworthy, and responsible for everything, particularly the things that go wrong. Such a person feels guilty that they have needs and finds it very difficult to receive. For example, apologizing a lot is a sign of self-condemnation.

Self-condemn people usually apologize a lot. 3ashen bifakro inu hene mish ma7bobin w dayman bye3tizro aw 3indon 3e2det el-zaneb 3alyeh or they always feel guilty. Guilty inu hene 3emlo shi ghalat.

We won't be reading the 50 questions here. We figured it will take long. I will have them available on my website with the instructions. I took the test so go ahead and take yours and share your answers with me. Thank you for listening, thank you Tania for this wonderful topic. Don't forget to follow us on Instagram: @Levantinearabic_bynasma.

The test:

Instructions:

Take time to individually respond to the following statements by placing the appropriate number beside each sentence according to whether you strongly disagree or score the sentence. When you have completed all 50 statements. Make sure to write the number of the question you are answering in order to interpret your answers. Read the question and then add the points- (1- Totally disagree/ 2- disagree/ 3- neutral/ 4- agree/ 5- strongly agree). Then add up your responses corresponding to each question to find the totals related to each need.

___ 1. It is important that people receive me for who I am – even if I'm a little “different.”

من المهم ان يتقبلني الناس كما انا - حتى لو كنت مختلفا عنهم بعض الشيء

___ 2. It is important to me that my world is in order.

من المهم ان يكون عالمي منظما

___ 3. I sometimes grow tired of trying to do my best.

اتعب احيانا من محاولة القيام بأفضل ما لدي

___ 4. It is significant to me when others ask my opinion.

يعني لي الكثير ان يسألني الآخرون عن رأيي

___ 5. It is important that I receive frequent physical hugs, warm embraces, etc.

من المهم ان اتلقى اللمسات العاطفية باستمرار، كالاحتضان او لمسة الحنان

___ 6. I feel good when someone takes a special interest in the things that are important to me.

يسعدني ان يبدي أحدهم اهتماما خاصا بالأمور التي تهمني

___ 7. It is important for me to know “where I stand” with those who are in authority over me.

يهمني ان اعرف موقعي بالنسبة لمن لهم سلطة علي

___ 8. It is meaningful when someone notices that I need help and then offers to get involved.

. يعني لي الكثير ان يلاحظ أحدهم اني بحاجة الى مساعدة، ثم يعرض ان يمد لي يد العون.

___ 9. When I feel overwhelmed, I especially need someone to come alongside me and

help. عندما اشعر بثقل اعبائي، فإنني احتاج لمن يقف الى جانبي و يساعدني

___ 10. I feel pleased when someone recognizes and shows concern for how I'm feeling emotionally.

. يسرني ان يدرك أحدهم مشاعري ويبدي اهتمامه بها.

___ 11. I like to know that I am significant and valued by others.

. احب ان اعرف ان الآخريين يقدرون من انا . وانني مهم بالنسبة لهم.

___ 12. Generally speaking, I don't like a lot of solitude.

. بصفة عامة , لا احب ان اكون وحيدا و منعزلا.

___ 13. I like it when my loved ones say to me, “I love you.”

. احب ان يقول لي احبائي : انا احبك .

___ 14. I don't like being seen only as a part of a large group – my individuality is important.

لا يعجبني ان ينظر الى فقط على انني جزء من مجموعة كبيرة , فان تفردني له اهميته.

___ 15. I am pleased when a friend calls to listen to me and encourage me.

. يسرني ان يتصل بي احد اصدقائي ليصغي الي و يشجعني.

___ 16. It is important to me that people acknowledge me not just for what I do but for who I am.

.يهمني ان يقدرني الناس لما انا عليه , وليس لما اقوم به فقط

___ 17. I feel best when my world is orderly and somewhat predictable.

اشعر بانني على احسن حال عندما يسير عالمي على وتيرة معينة يمكن التنبؤ بها الى حد ما

___ 18. When I've worked hard on a project, I am pleased to have people acknowledge my work and

express gratitude.

.عندما ابذل جهدي في مشروع ما , يسعدني ان يقدر الاخرون عملي و يعبروا عن امتنانهم.

___ 19. When I make a mistake, it is important to me to be reassured that I am still loved.

.يفرحني ان اكون برفقة من يحبون وجودي معهم.

___ 20. It is encouraging to me when I realize that others notice my skills and strengths.

.من المشجع ي ان ادرك ان الاخرين يلحظون جهودي و انجازاتي.

___ 21. I sometimes feel overwhelmed and discouraged.

.اشعر احيانا بان اعبائي كثيرة و انني مثبط الهمة.

___ 22. It's important to me to be treated with kindness and equality, regardless of my race, gender, looks, and status.

.يهمني ان اعامل بلطف و عدالة , بغض النظر عن عرقي و جنسي و مذهبي و وضعي الاجتماعي.

___ 23. To have someone I care about touch me on the arm or shoulder or give me a hug feels good.

.يسعدني ان يقوم شخص يهمني امره باحتضاني او بالترتيب على يدي او كتفي.

___ 24. I enjoy it when someone wants to spend time with just me.

.استمتع كثيرا عندما يريد احدهم ان يمضي وقته معي بالذات.

___ 25. It is meaningful when someone I look up to says, "Good job."

. "يعني لي الكثير ان ينظر الي شخص اقتدي به و يقول لي "احسنت عملا."

___ 26. It is important to me for someone to show concern for me after I've had a hard day.

.يهمني ان يبدي احدهم اهتمامه بي عندما اكون قد امضيت يوما شاقا و متعبا.

___ 27. While I may feel confident about what I "do" (my talents, gifts, etc.), I also believe that I need other

people's input and help.

.مع انني اشعر بالثقة بما اقوم به و بمواهبتي و قدرتي , الا انني بحاجة الى اراء الاخرين ودعمهم.

___ 28. Written notes and calls expressing sympathy after the death of a loved one, health problems, or

other stressful events are (or would be) very meaningful to me.

.بالنسبة لي تعني لي الكثير تلك الرسائل القصيرة المكتوبة و المكالمات الهاتفية التي يبدي مرسلها تعاطفه معي لوفاة شخص .احبه او لمشكلة صحية او لاي احداث ضاغطة اخرى

___ 29. I feel good when someone shows satisfaction with the way I am.

.يسعدني ان يبدي احدهم رضاه عن ما انا عليه.

___ 30. I enjoy being spoken well of or affirmed in front of a group of people.

.استمتع عندما يتحدث عني الاخرون بشكل جيد امام مجموعة من الناس.

___ 31. I would be described as an "affectionate" person.

.يصفني الاخرون بانني شخص ودود.

___32. When a decision is going to affect my life, it is important to me that my input is sought and given serious consideration.

عندما يكون هناك قرار سوف يؤثر على حياتي , يهمني ان يؤخذ رأيي و يعطى اعتبارا جديا.

___33. I am pleased when someone shows interest in current projects on which I am working.

يسرني ان يبدي احدهم اهتماما بالمشاريع الحالية التي اعمل عليها.

___34. I appreciate trophies, plaques, and special gifts, which are permanent reminders of something significant that I have done.

اقدر الميداليات و الدروع و شهادات التقدير و الهدايا الخاصة و التي تعد تذكيرا دائما لي بانني انجزت امورا ذات اهمية.

___35. It is not unusual for me to worry about the future.

ليس غريبا بالنسبة لي ان اقلق بشأن المستقبل.

___36. When I am introduced into a new environment, I typically search for a group of people with whom I can connect.

عندما اتعرف على محيط جديد, ابحث عادة عن اشخاص يمكنني التواصل معهم.

___37. The possibility of major change (moving, new job...etc.) produces anxiety for me.

يثير قلقي امكانية حدوث تغيير رئيسي في حياتي, كالانتقال من منطقة الى اخرى او الى وظيفة جديدة.

___38. It bothers me when people are prejudiced against others just because they dress or act different.

يزعجني ان يتعصب الناس ضد الاخرين فقط لطريقة ارتدائهم لكابسهم او تصرفهم بشكل مختلف.

___39. It is necessary for me to be surrounded by friends and loved ones who will be there “through thick and thin.”

من الضروري بالنسبة لي ان اكون محطاً بالأصدقاء و الاحباء الذين يقفون الى جانبي في الحلوة و المرة.

___40. Receiving written notes and expressions of gratitude particularly pleases me.

يسرني ان اتلقى الرسائل القصيرة وكلمات التقدير.

___41. To know that someone is thinking of me is very meaningful.

يعني لي الكثير ان اعرف ان هناك شخصا يفكر بي.

___42. People who try to control me or others annoy me.

يزعجني الاشخاص الذين يحاولون التحكم بي او بغيري.

___43. I am pleased by unexpected and spontaneous expressions of care.

يسرني ان يعبر احدهم عن اهتمامه لأمرى بعفوية و بطريقة غير متوقعة.

___44. I feel important when someone looks me in the eye and listens to me without distractions.

اشعر بانني شخص مهم عندما ينظر احدهم الي و يستمع لما ا قوله دون مقاطعات.

___45. I am grateful when people commend me for a positive characteristic I exhibit.

اشعر بالامتنان عندما يثني علي الاخرون لصفة ايجابية لدي.

___46. I don't like to be alone when experiencing hurt and trouble; it is important for me to have a companion who will be with me.

لا احب ان اكون بمفردي عندما امر بضائقة او بخبرة مؤلمة حيث يهمني ان يرافقتي احد.

___47. I don't enjoy working on a project by myself; I prefer to have a “partner” on important projects.

___48. It is important for me to know I am “part of the group.”

من المهم لي ان اعرف انني جزء من المجموعة.

___49. I respond to someone who tries to understand me emotionally and who shows me caring concern.

49. اتجاوب مع الشخص الذي يحاول ان يتفهم مشاعري و يرعاني باهتمام.

___50. When working on a project, I would rather work with a team of people than by myself.

50. عندما اعمل على مشروع ما , افضل العمل مع الفريق بدلا من العمل بمفردي.

1. What were your three highest totals? Which needs do they represent?
2. What were your three lowest totals? Which needs do they represent?

Acceptance

1

19

36

38

48

Total

Security

2

17

35

37

39

Total

Appreciation

11

18

25

34

40

Total

Encouragement

3

15

21

33

41

Total

Respect

4

14

22

32

42

Total

Approval

7

16

20

29

45

Total

Affection

5

13

23

31

43

Total

Comfort

10

26

28

46

49

Total

Attention

6

12

24

30

44

Total

Support

8

9

27

47

50

Total
