

When Nobody's Home

Understanding Human Behavior

by

Working to and Through Emotional Boundaries

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“The Needs Based Method®” Workbook

(The companion to “When Nobody’s Home, by Michael S. Oden)

The Final Step

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"I CAN LEAD YOU TO DISCOVERY OF THE TRUTH. HOWEVER, I CANNOT MAKE YOU BELIEVE"

(Michael S. Oden)

Personal Message From The Author:

Human behavior has always fascinated me. Likewise, gaining an understanding of why people make the decisions they do, be they life-affirming or life-diminishing. In the helping field, the goal is to assist individuals who consistently make decisions that are life-diminishing. As any in the helping field can attest, being able to reach a client and create a value-shift is one of the most rewarding and fulfilling encounters. I want to share what I have learned via many years of one-on-one experience, that the reader, in particular, may benefit, and that others may have the opportunity to add to their methodologies. My Needs-Based Method® approach has been demonstrated to be effective for over 16 years in situations involving drug and alcohol dependence, anger, sex offenses, and childhood trauma. No matter the traumatic experience, the treatment modality can be applied. I have listened to over 8,500 stories, totaling over 50,000 hours of session time with clients. Each client suffered from some form of traumatic experience. My greatest joy would be to have this methodology incorporated with the 12-Step program, to aid as many individuals as possible in understanding and overcoming dependence on illicit drugs and alcohol.

THE GOAL:

My goal is to enable you to experience a more emotionally and socially fulfilling life going forward- a life in relationships (caretakers/parents, friends, family, society), one's job, and where one's accomplishments are not sabotaged. The goal is to enable you to make life-affirming decisions that benefit life going forward.

How does such life-changing awareness come about? By enabling awareness of how you became the person you are today, by understanding one's childhood experiences of yesterday.

Why I Care: (MY MISSION)

I have been involved with drug and alcohol offenders, as well as, various forms of dysfunction for nearly two decades as a Los Angeles County deputy probation officer and also a therapist. I have had both the tragic and fortunate opportunity to listen to thousands upon thousands of stories about human suffering that was, at times, almost too painful to bear. I saw the hurt in countless eyes as long-term neglect and abuse and extreme discomfort was described. The majority did not relapse because they were determined to face the pain of their past and heal it. I want to provide the same opportunity to experience what life would be like without emotional pain and continued suffering to self and others. I want the client/patient to experience living life free of blame for misdeeds. Each must understand that he/she *personally* was never the problem. Know that one need not carry blame and shame as if one were carrying one's own personal emotional luggage throughout life. I care, because everyone deserves to experience what life can be without blame, shame, and guilt for making the decision to survive in spite of what harmed him or herself or others.

The foregoing testimonials are but a tiny fraction of the many I have received. However, they suggest the satisfaction, relief, and life-affirming change experienced.

The purpose of the "The Needs-Based Method® Workbook" is to create understanding and awareness respective why individuals feel, believe, think, and behave the way they do in a life diminishing manner (leading often to illicit drug and alcohol dependency), and how this behavior/emotion (feelings) thinking is connected to experiences, beliefs, and value systems. The negative belief **system** we bring into directly influencing our life diminishing decision-making process.

The goal is to bring awareness of how learned negative beliefs and values inhibit an individual from achieving full potential. The Workbook is designed to provide personal change, life-affirming tools to be applied in such areas as substance dependency, interpersonal relationships, emotional intelligence, and self-esteem. These personal areas will be addressed in understanding why one's negative belief system and resulting destructive behaviors became a primary characteristic.

Why It Works: The Need-Based Method®

For a person to change, he/she must be conscious of what is being changed. The initial step, therefore, is assistance in gaining awareness and understanding of how one's life-diminishing behavior began. I aspired to uncover, discuss, and assist in gaining an understanding of painful childhood experiences/events and persons directly related to those experiences. I seek to determine what specific childhood "needs" might have gone unmet caused by individual's (often parents) who had the most influence during childhood. In so doing, the healing process begins. The objective is that the client/patient gain understanding of the direct relationship between specific "needs" not met throughout childhood and long-term drug/alcohol use. It has been the author's experience, once this process of awareness unfolds, that a person develops the ability to make peace with past childhood neglect, and, thereby initiate new thinking, emotion, behavior gains (life-affirming) that enable escape from alcohol and drug dependence. One gains the opportunity to be at peace with those involved in the pain of one's past. The awareness and understanding of one's past enable one to find emotional freedom, which in turn enables freedom from drug and alcohol dependency. Take note and remember! Drug use is but a *symptom*, a result (a painful, life-destroying result!) of an underlying, unrecognized problem. The problem (life-diminishing experience) is what accelerated the turn to illicit drugs/alcohol.

The Needs-Based Method® success rate with clients is a remarkable 80%. The 10% state average in California, pales in comparison.

The reason most people fail to understand human behaviour correctly is that they look at their behaviour without taking other variables into consideration. If you had the goal of understanding a car's wheel, can you analyze the wheel alone without trying to understand its relationship with the other parts of the car? This theory can help with understanding human behavior in particular circumstances. For instance, our judgment can be impaired when we are tired and distracted. 3. Why we only like to compare ourselves with similar types of people. How can we understand human behaviour? Can we apply first principles method of thinking to human behaviour? How can we decode and predict human behaviour? Understanding human behaviour and being able to predict people's responses even to some degree can give us a huge advantage when solving real life problems be it performing well in our job or career or solving relationship or personal problems. It can help us understand peoples reactions and motivations and what drives them. If someone say he understands human behavior, he is lying utter nonsense. Human behavior is inscrutable at worst and highly complex at best. Psychology is not an exact science, it will never be. Still, you can study this science as a guide. Yet, not all is lost! I will give you one principle to understand human behavior - it is driven by needs. Physical needs but mostly physical needs have an undercurrent of psychological needs. So, you want to understand someone, you ask yourself this Q - "What is driving this person?" Psychology. Understanding human behavior. Aaron Quinn Sartain Alvin John North. Jack Roy Strange. PSYCHOLOGY: UNDERSTANDING HUMAN BEHAVIOR Copyright 1958 by the McGraw-Hill Book Company, Inc. Printed in the United States of America. All rights reserved. This book, or parts thereof, may not be reproduced in any form without permission of the publishers.