# **Hierarchy of Having**

## Having

What we have
In the present
Release of worth
Space to know
We are aware when we
have accurate thought

#### Want to have

Moves us forward toward the **future**Space for understanding.
What we want more of and
What we want to deflect from (discomfort)
We want authentic experiences to move toward having

#### **Need to have**

Deficiencies from the **past** we need We all need control and to be valued We need appropriate expression To move toward what we want

### **Have Had**

These are our **past** experiences

What we have had as a reflection of what is enough.

Setting boundaries and limits allow us to move toward what we need

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