

Research says we have three
core needs:

- **Worth:** a positive and stable identity
- **Empowerment:** a sense of personal power and agency
- **Connection:** supportive and affirming relationships



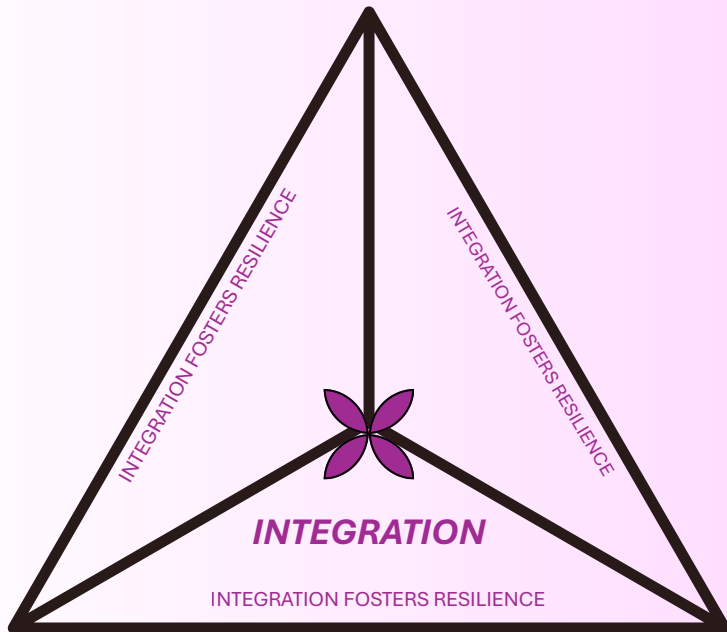
When our need to feel
***worthy, empowered, and
connected*** are met and
integrated, we feel
resourceful and more
equipped to face challenges.

We're more **resilient.**



WORTH

“I exist and I matter.”



EMPOWERMENT

“I have power and can act.”

CONNECTION

“I am loved and I belong.”

But the difficulties we
experienced growing up
often prevent us from
developing and
integrating those needs,
which impacts our
resilience as adults.



We might struggle to feel worthy, making it hard to recover from mistakes or move past failures. The real problem, however, isn't the wound itself, but ***how it formed—and what we learned to avoid to navigate the situation.***



SHAME

"I avoid showing up authentically because in the past it led to rejection or criticism."

UNTAPPED POTENTIAL
LOWERS RESILIENCE

FRAGMENTATION



EMPOWERMENT

CONNECTION

"I overcompensate for my fear of showing up as myself by seeking status or formal authority, OR by being what others need me to be."

If we feel unworthy because of rejection or criticism, ***we may run from our need for connection.*** The resulting isolation will deepen our sense of unworthiness, making recovery from setbacks even harder.



WORTH

"I over-compensate for a lack of connection by boosting my identity with achievements OR by seeking status or power."

UNTAPPED POTENTIAL LOWERS RESILIENCE



FRAGMENTATION

UNTAPPED POTENTIAL LOWERS RESILIENCE

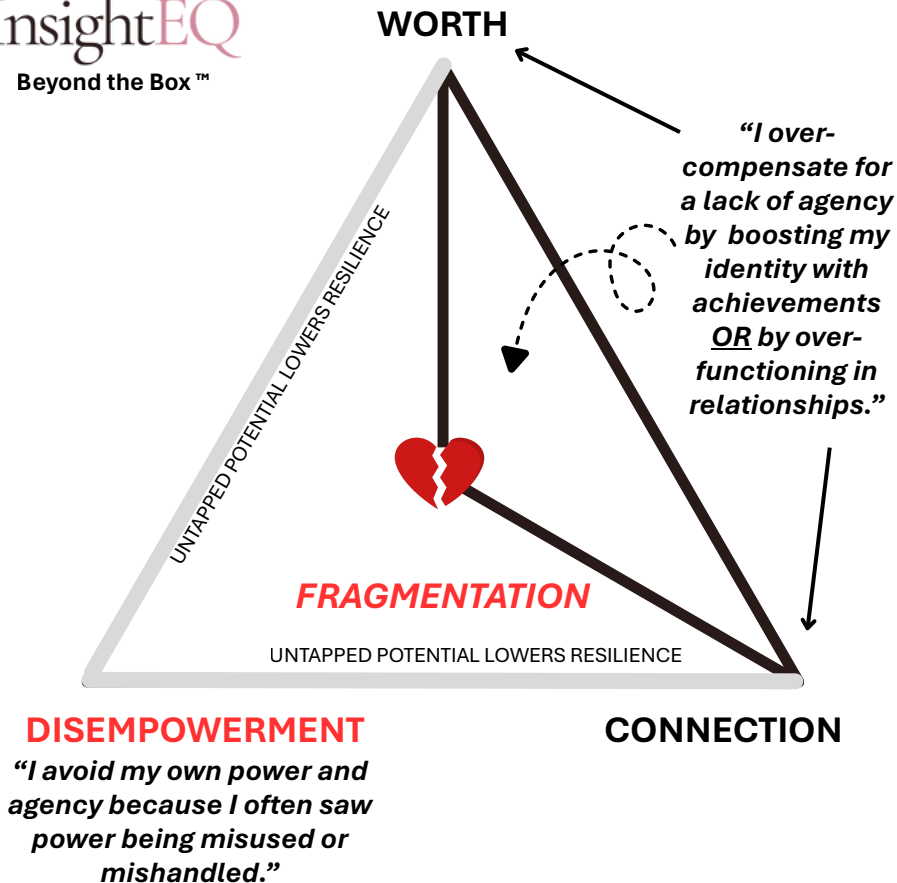
EMPOWERMENT

DISCONNECTION

I avoid getting close to people because I experienced them as unsafe or unreliable.

But, if we feel unworthy because we were abused or bullied, ***we may avoid our need to feel empowered.*** Believing that power is dangerous, we may fall into patterns of helplessness, which only makes us feel worse about ourselves.





The same is true for people
who were betrayed by those
closest to them when they
were younger...



...and for those who were
abused or controlled to the
point of losing their sense of
autonomy.



Ideas for integration:

1. **You're not broken;**
there's nothing to fix.
2. Your compensation
strategies kept you safe
and helped you succeed.
3. Instead of focusing on
what you need to “stop”
doing, start experimenting
with the avoided drive to
create balance.



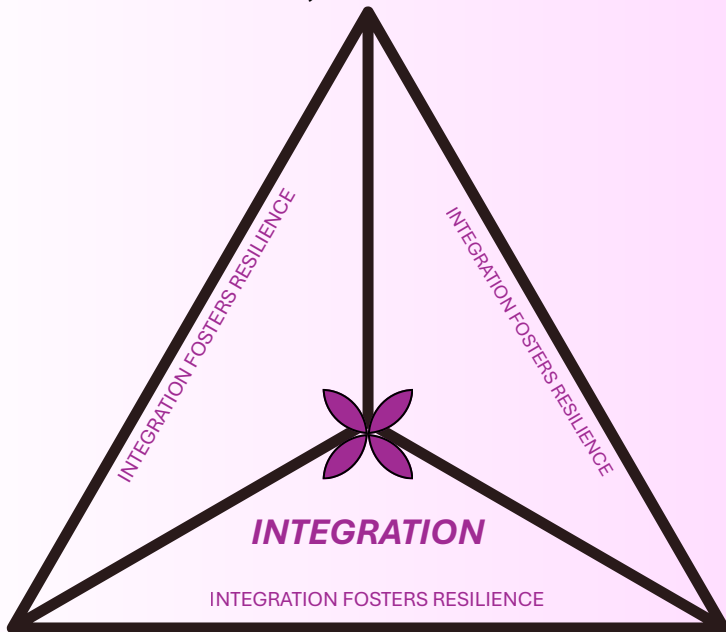
Remember, the goal is not to
“stop” being who you are, but
to make all parts of you
accessible.

The goal is wholeness, not
further fragmentation.



WORTH

“I exist, and I matter.”



EMPOWERMENT

“I can act, I have power.”

CONNECTION

“I am loved, and I belong.”

Visit us at
www.InsightEQSolutions.com
to learn more about our
coaching, training, and
consulting services.

