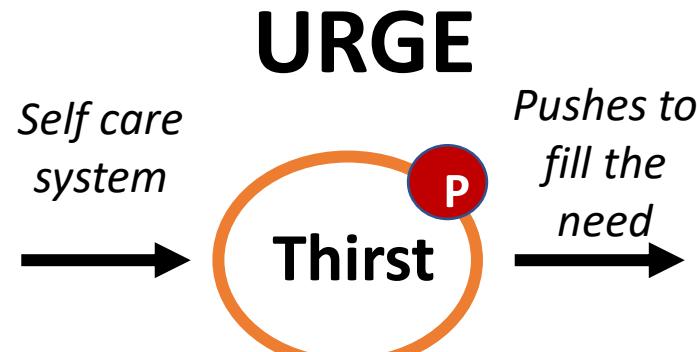


# CHOICES BEHAVIORS

## NEED



## URGE

- Water
- Soda
- Alcohol

- Chicken, salad
- Cinnamon Rolls

- Reach out to loved one
- Physical Touch
- Pornography
- Masturbation
- Sex

Notes: 1. Humans have needs. The body has a self-care system (urges) to push us to fill the body's needs. Our bodies need hydration, it creates a thirst urge that drives us to drink. We have choices of how to respond to our urges. Some will fill the need, others will leave us feeling empty and can increase the urges. Our bodies need energy & nutrition, creates a hunger urge that pushes us to eat. We need connection. Our bodies have sexual urges and energy that pushes toward other humans. \*ANY safe connection helps us regulate our sexual energy in a more normative state. It does get rid of our sexual energy, but it allows us experience the sexual thoughts & feelings with more normative intensity and frequency.

2. Pleasure acts a reinforcer of our urges. It is not the full reason or focus for the urges. If we over-focus or over-emphasis pleasure, we tend to make choices that do not fill the true need. We tend to have less discipline when make the choices.

3. When we pair a natural body urge with the message that it's wrong or bad, we will increase shame and the probability of a "Resist & Binge" pattern. This is the beginning of compulsive and addictive patterns around the urge.

# CHOICES BEHAVIORS

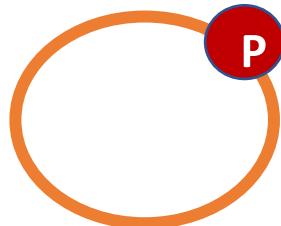
**NEED**



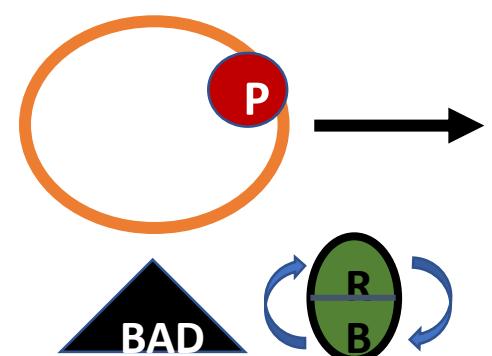
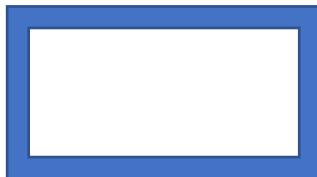
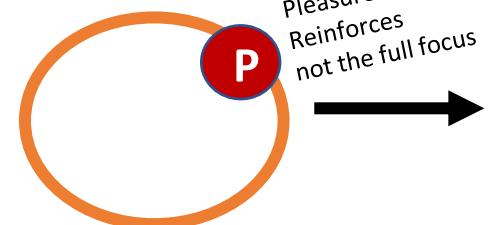
*Self care system*



**URGE**



*Pushes to  
fill the  
need*



Start by talking about how human bodies have NEEDS. The body then creates urges to make sure our needs are met.

FIRST ROW: Write THIRST in the top circle. Ask, "what does the body need when you are thirsty?". Put HYDRATION in the first box and talk about hydration. Ask "do you think you would ever drink anything if you didn't feel the sensations of thirst?". Talk about the sensations of thirst. In the rectangle lists some choices people make to drink. Talk about how the choices might fill the need differently.

SECOND ROW: Repeat the discussion now with ENERGY/NUTRITION in the left box, HUNGER in the next circle and then list choices in the right rectangle. Have a discussion about pleasure being a reinforcer of the hunger urge and the impact if you overly focus on pleasure on your choices, and then on the hunger. THIRD ROW: Write "SEX" and "INTIMACY" in the circle. Discuss the possible reasons of these urges in the body to drive us closer to another human being. Talk about CONNECTION. List and talk about all the choices around the sexual urges/drive.

TRIANGLE with R/B: If one believes any natural urge is bad the would restrict until they binge, and then restrict again. This creates shame and addictive behaviors.