

Chapter 9

Losing Contact With Your Needs

A silent impact of self-abandonment is the gradual loss of contact with your own needs. Instead of asking yourself what you feel or need, your focus moves towards maintaining stability in the environment around you.

The habit of not listening to yourself may have been present for a long time but when your needs are consistently postponed or minimised, they don't *disappear* - they just *reappear* in other ways such as:

- fatigue
- resentment
- emotional distance
- a sense of something being slightly out of balance

These signals are messages from the emotional parts of yourself that have not been receiving enough attention. Reconnecting with your needs does not require forceful changes but begins with something simple: listening to yourself, noticing what you feel, doing what brings you energy- and conversely, what leaves you feeling depleted.

Many people think that focusing on their own needs is selfish, but everyone requires understanding, respect, rest, support, and space. Your goal is to bring your needs back into your emotional connection with yourself.

When your needs are included alongside the needs of others, connections become more balanced. You're no longer navigating your relationships with others by leaving yourself behind. Instead, you're remaining present in your own life as you remain connected to others.

That balance allows relationships to become more honest, respectful, stable, and sustainable.

Reflection Exercise

Reconnecting With Your Needs

Take a few moments to reflect on your own needs and preferences. There is no pressure to have perfect answers; simply notice what comes to mind.

What situations tend to leave you feeling energised or content?

What situations tend to leave you feeling drained or frustrated?

When you feel overwhelmed or tired, what do you usually need most?

Examples might include:

- rest
- quiet time
- reassurance
- support
- space

Write whatever feels true for you.

What needs do you find most difficult to express?

Examples might include:

- asking for help
- asking for reassurance
- asking for time alone
- expressing disagreement

Final Reflection

If you began paying closer attention to your own needs, what might change in your daily life?

Reconnecting with your needs does not happen instantly but each moment of awareness strengthens your ability to remain connected to yourself. The more clearly you can recognise your own needs, the easier it becomes to include them in your relationships.