

Our Basic Need is for Recognition:

Everyone needs recognition: to be seen, heard, acknowledged, needed.

Growing up it is important that we receive a place, are nurtured, feel supported, are protected and learn about respect for boundaries.

Within TA we talk about "Strokes". A stroke is a unit of recognition, an authentic compliment, a caress or unfortunately sometimes a verbal or physical slap! Every person experiences being loved and accepted in a different way.

Do you suffer from a sense of inferiority? Do you expect someone else to meet your needs? Are you still walking around with the critical messages implanted during your childhood? Read more....

In times of (Corona) distance, it is more important than ever that we give each other authentic unconditional positive attention:

"Nice to see you" "Great, that you are here" A big smile, friendly eyes

Maintaining what we call the "stroke myths culture" results in scarcity in our basic need for:

Attention, Affirmation, Recognition, To be seen, To be heard, To be safely touched in mind and body

The unspoken **stroke myths** in our culture:

"Don't give any strokes" = "you will get too big for your boots!"

"Do not accept strokes" = "the other wants something from you"

"Don't refuse any strokes" = "keep the peace" do not say what you need, allow the undesirable

"Don't ask for strokes" = "it's ok", don't ask for feedback

"Don't give yourself any strokes" = "no one likes a show off"

Let's look together at how you can better take responsibility for yourself to reduce your feelings of inferiority. Satisfaction with yourself and management of your thoughts promotes close relationships, improves health, leads to fewer psychological complaints and improves self-confidence. Experience shows that with the deployment of TA you can improve your feelings of inferiority in 5 sessions.

In the meantime, try out "The Attunement Question" on yourself and your loved ones:

"What can I do in the next week to make your week go a little better or make you feel more loved, appreciated, seen and heard?"

