**Your Needs and Goals**

When you are deciding on the goals for your therapy you will just have a natural intuition with where they are but sometimes it helps to look at some ideas below from important theoretical models of therapy. They help get you to think more broadly about what needs and goals you may have overlooked in your life. Ideally think of about 2-3 goals to get started. I hope they are useful.

Epstein (1990, 1993) presented four basic needs:

1. Need for Orientation/Purpose/Meaning, Control/Autonomy, Consistency
2. Need for Joy
3. Need for Positive Attachment in Relationships
4. Need for Self-Esteem Enhancement and Protection

Panksepp & Biven (2012) present the seven basic emotional systems/instincts:

1. Seeking – need to seek happiness and fulfilment in life
2. Caring – the need to care for others, self and be cared for
3. Play – the need to have fun, socialise, learn positive relationships through worklife and games, sports, team activities
4. Lust – need for pleasure
5. Fear – the instinctual emotion of fear that protects
6. Panic-Grief – the instinctual emotion to avoid being alone and being social
7. Rage – the instinct when needs and goals and desires are not being met

Alfred Adler puts forward his three social goals:

1. Need for social responsibility between self and others
2. Need for a profession, occupation and contribution to society
3. Need for love and partnership in a relationship

Maslow provides his hierarchy of needs:

