

Understanding the Needs Underneath Behavior

Maestra Ruth taught me that all behavior is a strategy to meet a need. Let's say it together: **ALL BEHAVIOR IS A STRATEGY TO MEET A NEED.**

As parents, we find ourselves reacting to what we see in front of us **WITHOUT** stopping to ask: What thoughts, sensations, feelings, or needs are underneath this behavior? Is our child actually being rude, lazy, or ungrateful? Or is there something deeper happening that we're not seeing?



artwork by Sharon Frances @sharonfrancesme

Post this artwork somewhere visible in your home. Let it be your reminder to look beneath the surface before you slip into the judgment that is Chancla Culture.

Observation	Noticing what's actually happening without the story. Just the facts, without judgment.
Behavior	Actions that are observable. The actions we typically see and react to.
Thoughts	The beliefs and narratives running through our mind. The stories we tell ourselves about what's happening.
Sensations	What we feel in your body. Examples: Tightness in our chest, a knot in our belly, our heart racing.
Emotions	Our feelings. Examples: Anger, sadness, frustration, anxiety, overwhelm
Needs	What's truly needed beneath the behavior. Examples: Connection, safety, autonomy, understanding, rest, belonging.

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