

Relationships Are More Than Just Love and Belonging!

In my experience, when most people talk about relationships they talk about them satisfying the need for love and belonging. However, effective relationships that come close to matching quality world pictures satisfy all of the basic psychological needs.

Love and Belonging:

Certainly, this is the most obvious need met in an effective relationship.

Power:

Dr. Glasser identified three ways of receiving power:

1. When someone listens to you.
2. When someone listens to you and agrees with what you are saying.
3. When someone listens to you, agrees with what you are saying, and says. " let's do it your way".

This definitely occurs in friend and love relationships. Additionally, your friend or loved one is saying that you are important enough for their time and attention.

Freedom:

You choose your friends and even, to a large degree, your loved ones.

In most cases, you share more of what you really think or how you really feel to your friends and loved ones. Another way of saying this is that you are less politically correct with those people closest to you.

Fun:

It is hard to imagine that anyone would become good friends with someone whose company s/he did not enjoy. While fun is defined differently by every individual, healthy relationships require enjoying the other person's company.

As you can see, friends and loved ones satisfy more than just the one need of love and belonging. Which basic need is most affected varies, based on the activity or behavior of the moment. Healthy relationships are able to satisfy all needs at some point, and therefore remain an important part of our quality world.