

# Foundational Needs Model<sup>©</sup>

LOIS THOMSON BOWERSOCK & associates, llc

Foundational Needs of Children 0 - 7 years old:

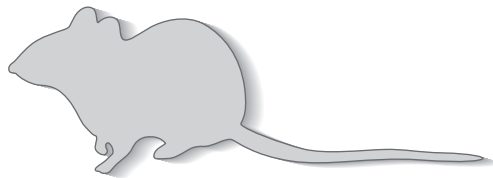
Love, Acceptance, Nurturing, Safety and Security



Early childhood family dysfunction or trauma interferes with meeting the Foundational Needs.

The child's physical, emotional and/or spiritual well-being can be affected when children are exposed to the following:

- Abuse: emotional, physical, sexual, verbal, etc.
- Alcohol/drug abuse, addictions
- Obsessive compulsive behaviors
- Perfectionism
- Workaholism
- Trauma experiences
- Major loss or change
- Abandonment
- Neglect



Young children think only in concrete, **black and white** terms. Therefore, the child interprets the situation from the following viewpoint:

Good things happen to good people,  
Bad things happen to bad people,  
This is bad, so I am bad.

Something is wrong with me - I'm not good enough.

The dependent child interprets the situation as a threat to his or her survival and instinctively reacts by developing **learned behaviors** to deal with the stress or trauma to meet the **foundational survival needs**.

Outside  
what others see

People pleasing  
+  
Perfection  
+  
Performance  
=  
Love  
Acceptance  
Approval

Conditional



Inside  
what others don't see

Acceptance  
Love  
Nurturing  
Safety  
Security

Unconditional  
Needs



## Physical or Psychological Separation

Relief



Positive Reinforcement for Compliant,  
Non-demanding  
Behavior



## Onset of Abstract Thinking

Outside  
What others see

Inside  
What others don't see



Appears In Control  
Underlying Shame

Foundational Internal  
Belief  
Something is wrong  
with me!  
I'm not good enough!