

Security



We all have an innate need to feel secure, to know that we have a roof over our head and are not constantly under threat. When our security is compromised, we automatically feel anxious or stressed. Sometimes we may feel secure on our own, but stressed in social situations. At other times we may feel anxious when on our own, but safe in the company of others. Different people have different needs for security – it is less important **how** this need is met than that it **is** met.

If we do not feel secure, perhaps because of house moves, job moves, floods, or relationship changes, we may try to maintain security in one area while we build security in another.

Refugees all over the world know how important it is to have a place to stay where you do not feel under threat. As Abraham Maslow illustrated in his “hierarchy of needs”, until this need is met it is hard to concentrate on other needs. However, all needs must be met in balance. The downside of having **too much** security is that we can become complacent; staying in the same house, relationship, job etc. when it might be time to move on.



Click the image to view the video

Describe whatever makes you feel safe...

Any other thoughts?

How well is your innate need for security met?

0 1 2 3 4 5 6 7 8 9 10

Not very well (place a circle around a number above or a write a number in the box) Really well

My score

In which situations would you like to feel safer?

What could you do over the next few days to improve this?