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Lessons of Lockdown  
**thriving** sheet



# Three interpersonal needs

Rational needs

**CONTROL**  
and self-determination

We need to feel in  
control of our lives

We have been following  
rules and accepting  
limitations for a habit  
forming amount of time.

Emotional needs

**CONNECTION**  
and openness/sharing

We need to be with  
friends and loved ones

Disconnection has  
become normalised.  
We immediately notice if  
people on television are not  
socially distanced.

Contextual needs

**INCLUSION**  
and aliveness

We need to be  
stimulated by our  
environment

Some activities that  
were easy now seem  
like an effort and we  
may have become less  
spontaneous.



# Control



What dream or plan did you lose control of because of lockdown and how will you get it back?



What are you intending to do that you are still hesitating about?



Where have you become a bit of a control freak?



# Connection



As you think of the people who are most important to you in your life how can you show them you care?



Who are you most looking forward to having a face to face conversation with at work?



Who are you looking forward to having a heart to heart with?



# Inclusion



Thinking back over your entire life which tribes have you enjoyed being part of? Which ones will you re-join?



What social occasions would you hate to miss out on in the future?



What did you do out of duty or obligation before lockdown that you don't miss at all?



# What am I going to do?

To feel more self-determining  
and in control.

To feel more love and  
connection with others.

To feel a sense of belonging  
and inclusion.