

An Introduction to Core Needs

Core Needs, Self-Protection, & Entering His Rest

What this guide is:

A short introductory companion guide, not an in-depth study or full workbook. It's designed to help you name what you're protecting right now, recognize your default self-protection strategies, and practice returning to rest on purpose. A deeper course will live inside the Redeemed & Rewired platform.

Simple definitions to get started:

Different models use slightly different wording. The point remains: these needs drive most of what we do.

Core needs: the 6 basic emotional needs every human carries.

Personality needs: how we prioritize those needs.

Self-protection: what we do to meet them fast, especially if activated (often subconsciously).

Healthy habits: what we practice to meet them well (intentionally practiced).

Rest: trust, not time off (Hebrews 4:10–11).

The 6 Core Needs

These six categories are not meant to be perfect labels. They're a simple way to name what we're protecting, by pursuit or by avoidance. Think of it like a map: **here's the terrain. Now locate where we are.** And once we know, we can navigate back to trust, rest, and the cross.

Safety: pursue protection and comfort; avoid threat and harm

Certainty: pursue control and clarity; avoid the unknown and risk

Connection: pursue closeness and belonging; avoid rejection and distance

Approval: pursue acceptance and validation; avoid disapproval and criticism

Autonomy: pursue freedom and choice; avoid being controlled

Significance: pursue purpose and contribution; avoid feeling unseen or small

The goal is not to shame the need. The goal is to stop letting self-protection lead.

The Two Loops

Self-Protection Loop: Need threatened → nervous system activation → self-protection strategy → temporary relief → loss of rest

Trust Loop: Need threatened → nervous system activation → pause and regulate → truth → release control → next obedient step → rest maintained

Simple Discovery Tool

Name the Pattern Without Shame

Step 1: What am I protecting right now? Circle your top 2–3 core needs today:

Safety / Certainty / Connection / Approval / Autonomy / Significance

Top 3 needs (write them):

1. _____ 2. _____ 3. _____

Step 2: What strategies do I default to when those feel threatened? *Check all that apply:*

- | | |
|---|---|
| <input type="checkbox"/> Control or micromanage | <input type="checkbox"/> Overexplaining or defending |
| <input type="checkbox"/> Fix or overfunction | <input type="checkbox"/> Bracing or catastrophizing |
| <input type="checkbox"/> Performance or people-pleasing | <input type="checkbox"/> Anger, harshness, or defensiveness |
| <input type="checkbox"/> Withdrawal or shutting down | <input type="checkbox"/> Avoidance or procrastination |
| <input type="checkbox"/> Numbing or distraction | <input type="checkbox"/> Other: _____ |

Step 3: What is the payoff, and what is the cost?

The temporary relief I get from my strategy is: _____

Over time, it costs me (circle what fits):

Peace / Presence / Connection / Clarity / Obedience / Joy / Sleep / Health

Getting honest isn't condemnation. It's the doorway to rest.

Step 4: Hebrews 4:12 motive questions (exposure is mercy)

Hebrews says the Word exposes the thoughts and intentions of the heart. Answer honestly:

What is driving me underneath this? (circle what fits):

Fear / Shame / Control / Rejection / Abandonment / Injustice / Betrayal / Other:

What am I afraid will happen if I stop striving?

What am I trying to secure through human labor instead of trust?

Alignment Plan

Return to Rest in Real Time

When Hebrews says “*make every effort to enter that rest*” (Hebrews 4:11), it doesn’t mean more striving. Jesus clarifies the work God requires: **believing in Him** (John 6:28–29). So this plan is about faith and obedience, not self-salvation.

The Return to Rest Script (fill in)

Jesus, my need feels threatened: _____

My default strategy is: _____

Your truth is: _____

I release: _____

My next obedient step is: _____

Micro-actions

Choose one in each category. Keep it simple. Keep it honest.

With God (choose one):

- ☐ I pray one honest sentence: “Jesus, I am trying to control _____. I trust You.”
- ☐ I read Hebrews 4:10–13 slowly once, then sit in silence for one minute.
- ☐ I write one truth statement about God’s character: “You are _____.”

With Myself (choose one):

- ☐ I do Release Breathing (4–6) for 6–10 cycles.
- ☐ I take a 10-minute walk without my phone and name what I am feeling.
- ☐ I drink water, eat something clean, and lower stimulation for 30 minutes.

With Others (choose one):

- ☐ One honest sentence: “I am activated right now. I need a moment to steady myself.”
- ☐ One boundary: “I can’t do that today. I can revisit it on _____.”
- ☐ One repair: “I got protective. I’m sorry. Here’s what I meant to say.”

Breathwork Mini Practice

Release Breathing 4–6 for Letting Go

Purpose: Loosen the grip of control so I can choose trust.

Note: If the counts feel too long, shorten them. The goal is regulation, not pushing.

- Inhale through my nose for 4 counts. Cue: “Jesus, I trust You.”
- Exhale slowly for 6 counts. Cue: “I release control.”
- Repeat 6–10 cycles.

Reflection and Scripture

Journal Prompts

Take your time. Invite the Holy Spirit to show you what is under the surface and align your heart with truth. Answer these in your journal, notes app, or on a separate sheet.

- ☐ Where have I been calling fear “wisdom” when it is actually self-protection?
- ☐ Which core need feels most threatened right now, and why?
- ☐ What strategy do I reach for first when I feel threatened?
- ☐ What temporary relief does that strategy give me, and what does it cost me?
- ☐ What is one thought I need to take captive today and bring into obedience to Christ (2 Corinthians 10:5)?
- ☐ What is one burden I am carrying that Jesus never asked me to carry?
- ☐ What is my next obedient step, not the whole staircase, just the next step?
- ☐ What would it look like to live the next 24 hours from rest instead of striving?

Scripture References (AMP)

Hebrews 4:7–13

Genesis 2:2

John 6:28–29

2 Corinthians 10:5

John 1:1, 14

Hebrews 1:2

Revelation 19:13

Pray in Your Own Words

If you don’t know where to start, try this and make it your own:

Jesus,

thank You that Your rest is still available. Expose what is driving me beneath the surface and lead me into truth. I release what is not mine to carry, and I trust You with outcomes. Teach me to believe You and obey You from faith.

Hallelujah. Amen.