

How to Deal with Isolation and Re-Entry

Practical Ideas

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1. The first thing is to realize that human beings are born with *needs*. These are motivators and throughout our lives we try to satisfy them. When we satisfy them, we have a sense of well-being. In other words, we feel good. Or at least we feel better than when our needs are not fulfilled. The needs are:
 - A. to take care of our health. This means getting exercise, eating properly, etc.
 - B. to belong or to be involved with other people.
 - C. to feel in control of your life.
 - D. to make choices, to feel free.
 - E. to have fun and to enjoy life.

2. From a reality therapy point of view, I suggest that families gather together at home and discuss how to take care of their physical needs.

Also, discuss how to connect better with people: phoning friends, relatives and acquaintances, especially those that you've not connected with for a while.

Develop ways to do things that give you the feeling of inner success.

Consider what choices you can make whether they seem trivial or major.

Formulate specific possibilities that are fun to do.

3. The media are full of people who provide lists and suggestions for keeping busy. But I suggest bringing the family together and have brief meetings to discuss the 5 needs. These needs explain why we can feel better, as well as provide pathways to a more satisfying life. One plan I suggest is to lessen 3 toxic behaviors: A, B, C.

Arguing with each other**Blaming each other****Criticizing each other**

Be sure to recognize the impossibility of eliminating these behaviors completely.

But simply ask yourselves, "Does my choice to say ' ' help the family relationships or damage them?"

4. The next step is to formulate plans: individual, group, or plans to pair up. Rather than provide another list, I urge you to formulate your own self-initiated plans for satisfying the 5 motivators, the 5 needs.
5. To remember the needs, I suggest you post them where you can read them occasionally. In order to remember them, I suggest the following summary.
 - A. Physical needs
 - B. Belonging
 - C. Power or feeling inner control
 - D. Freedom or choosing
 - E. Having fun or enjoyment

If you want to email me with questions, please contact me at:

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