

Do you know your 8 Innate Resources?

Developing and using our innate resources well is as integral to mental health as meeting our emotional needs

1 Memory

The ability to develop complex long term memories enables us to add to our innate knowledge and learn



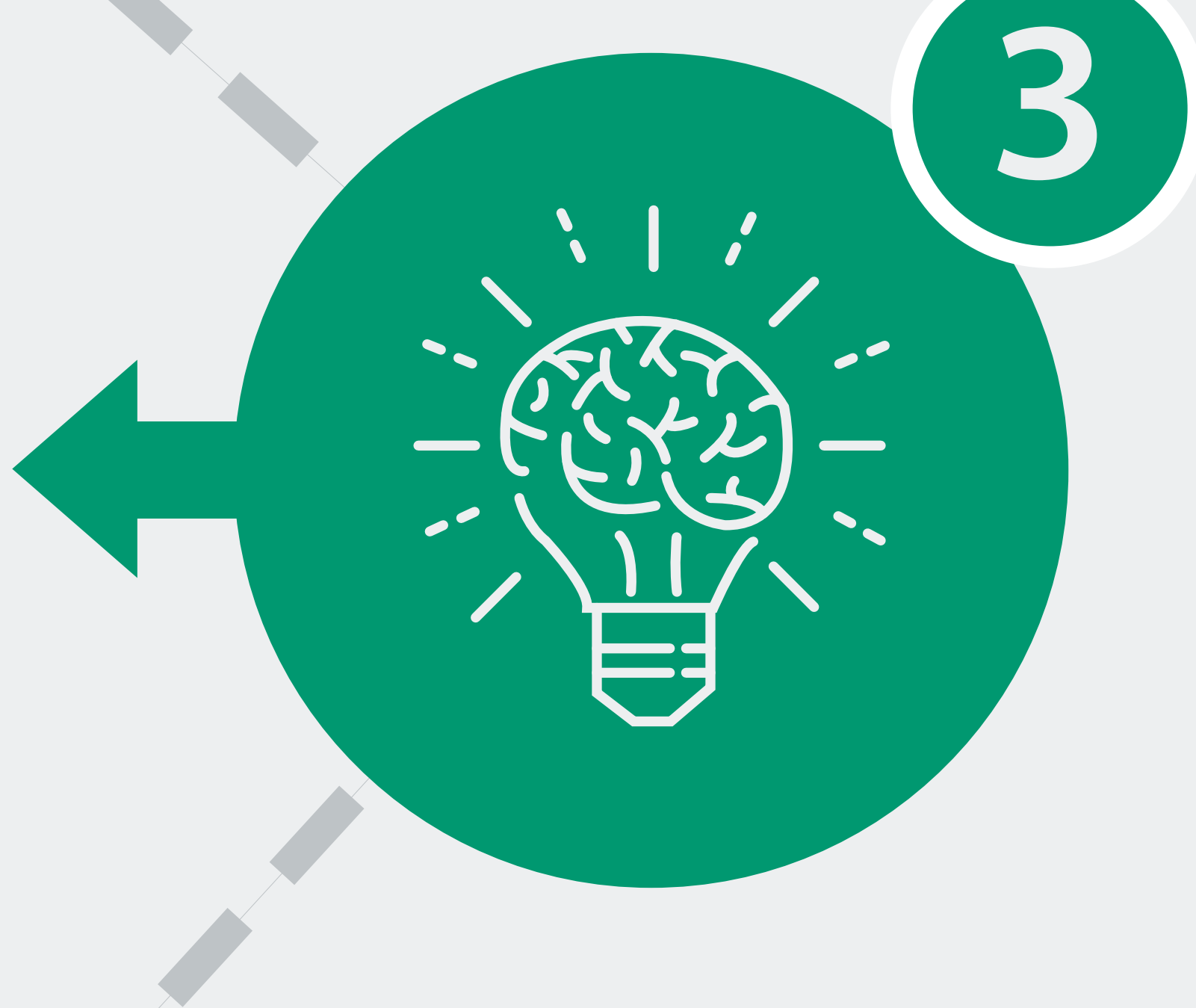
2 Rapport

Our ability to build rapport, empathise and connect with others, enables us to work well together and care for each other



3 Imagination

Having imagination enables us to focus our attention away from our emotions, use language and problem solve more creatively and objectively



4 Emotions & Instincts

These play a vital part in our survival – driving us to take action, helping us understand what’s happening around us and to respond accordingly



5 Rational Mind

Having a conscious, rational mind enables us to check out our emotions, question, analyse and plan



6 The ability to ‘know’

The ability to ‘know’, to perceive and understand the world unconsciously through metaphorical pattern matching; a fundamental way our brains work



7 Observing Self

The potential to develop our **Observing Self** – the part of us that can step back, be more objective and be aware of itself as a unique centre of awareness, apart from intellect, emotion and conditioning



8 Dreaming

Our brain’s way of preserving our instincts and defusing emotional arousals that weren’t resolved or fulfilled during the day to create spare mental capacity for the next day

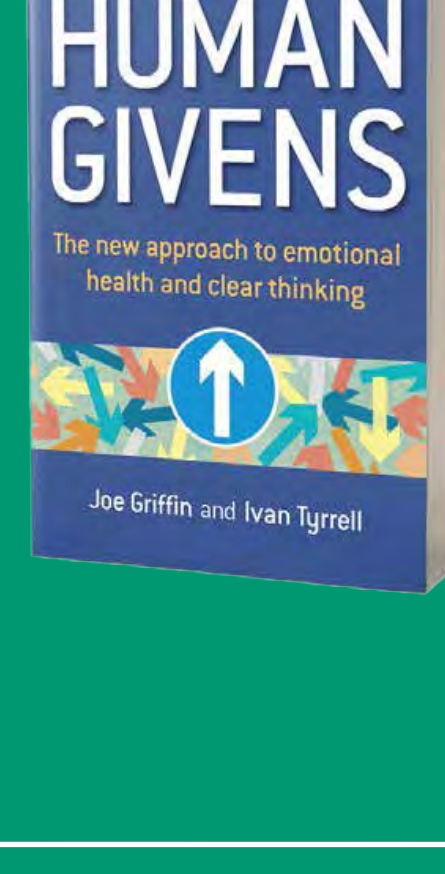


The Human Givens approach is a set of organising ideas that provides a holistic, scientific framework for understanding the way that individuals and society work. This framework encompasses the latest scientific understandings from neurobiology and psychology, as well as ancient wisdom and original new insights...

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