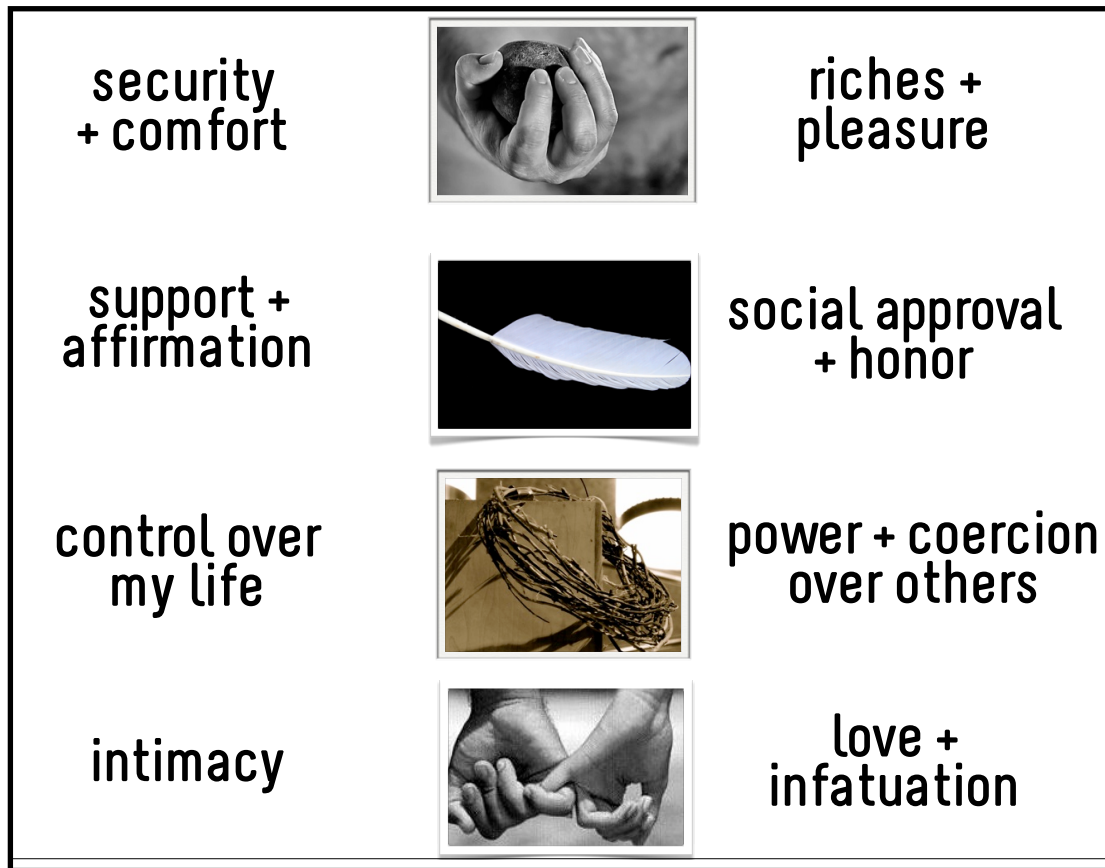


## THE FOUR HUNGERS

(Adapted from Linsky & Heifetz' *Leadership on the Line*)



These are the four basic human needs. They are good and necessary, but sometimes in the course of our lives, these perfectly legitimate needs turn into attachments and addictions that lead to unfreedom. Just like our default feelings and automatic thoughts, they might enslave us and affect our decisions in a harmful way. **Discernment entails being aware of our most powerful hunger and learning to manage it so that it doesn't manage us.**

What would you consider your most powerful hunger from among our list of four? Do you know why this is so? Can you think of an experience when your decision was affected by this need?