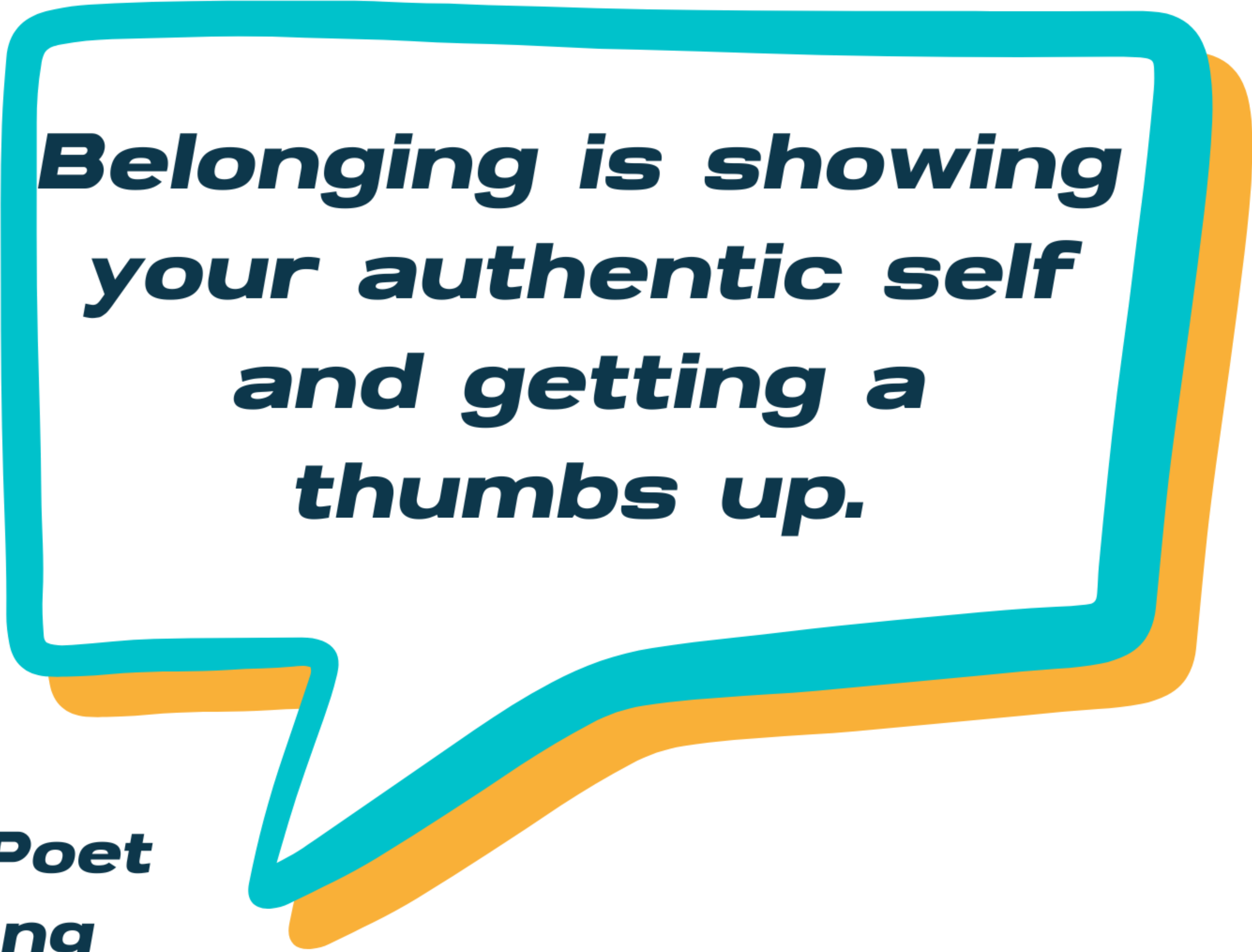


**MEETING**  
**BELONGING**  
**NEEDS**





***Belonging is showing  
your authentic self  
and getting a  
thumbs up.***

***Author and Poet  
Lois Bushong***

# Why Belonging Matters

What is Belonging?



# Why Belonging Matters

What is Belonging?

Belonging is **NOT** being

- liked
- appreciated
- invited
- welcomed



# Why Belonging Matters

What is Belonging?

## Belonging is NOT being

- liked
- appreciated
- invited
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## Carl Rogers' definition

*"A unique and subjective experience that relates to the yearning for connection with others, need for positive regard, and desire for personal connection."*



# Why Belonging Matters

What is Belonging?

## Belonging is NOT being

- liked
- appreciated
- invited
- welcomed



## CORE 3 of Belonging

- Yearning for Connection
- Need for Positive Regard
- Desire for Personal Connection

## Carl Rogers' definition

*"A unique and subjective experience that relates to the yearning for connection with others, need for positive regard, and desire for personal connection."*



# How Trauma Impacts Belonging

Belonging and the brain

**Dr. Bruce Perry's  
Brain Model**



# How Trauma Impacts Belonging

Belonging and the brain

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**BRAINSTEM**

Temperature // Respiration // Cardiac





# How Trauma Impacts Belonging

Belonging and the brain

**Dr. Bruce Perry's  
Brain Model**

## **DIENCEPHALON**

Arousal // Sleep // Appetite // Movement

## **BRAINSTEM**

Temperature // Respiration // Cardiac



# How Trauma Impacts Belonging

Belonging and the brain

## LIMBIC

Reward // Memory // Bonding // Emotions

## DIENCEPHALON

Arousal // Sleep // Appetite // Movement

## BRAINSTEM

Temperature // Respiration // Cardiac

**Dr. Bruce Perry's  
Brain Model**



# How Trauma Impacts Belonging

Belonging and the brain

## **CORTEX**

Creativity // "Thinking" // Language // Values // Time // Hope

## **LIMBIC**

Reward // Memory // Bonding // Emotions

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Am I safe?



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Am I loved?  
Do I fit in?

Am I safe?



# How Trauma Impacts Belonging

Belonging and the brain

## CORTEX

Creativity // "Thinking" // Language // Values // Time // Hope

What can I learn  
from this?

## LIMBIC

Reward // Memory // Bonding // Emotions

Am I loved?  
Do I fit in?

## DIENCEPHALON

Arousal // Sleep // Appetite // Movement

Am I safe?

## BRAINSTEM

Temperature // Respiration // Cardiac



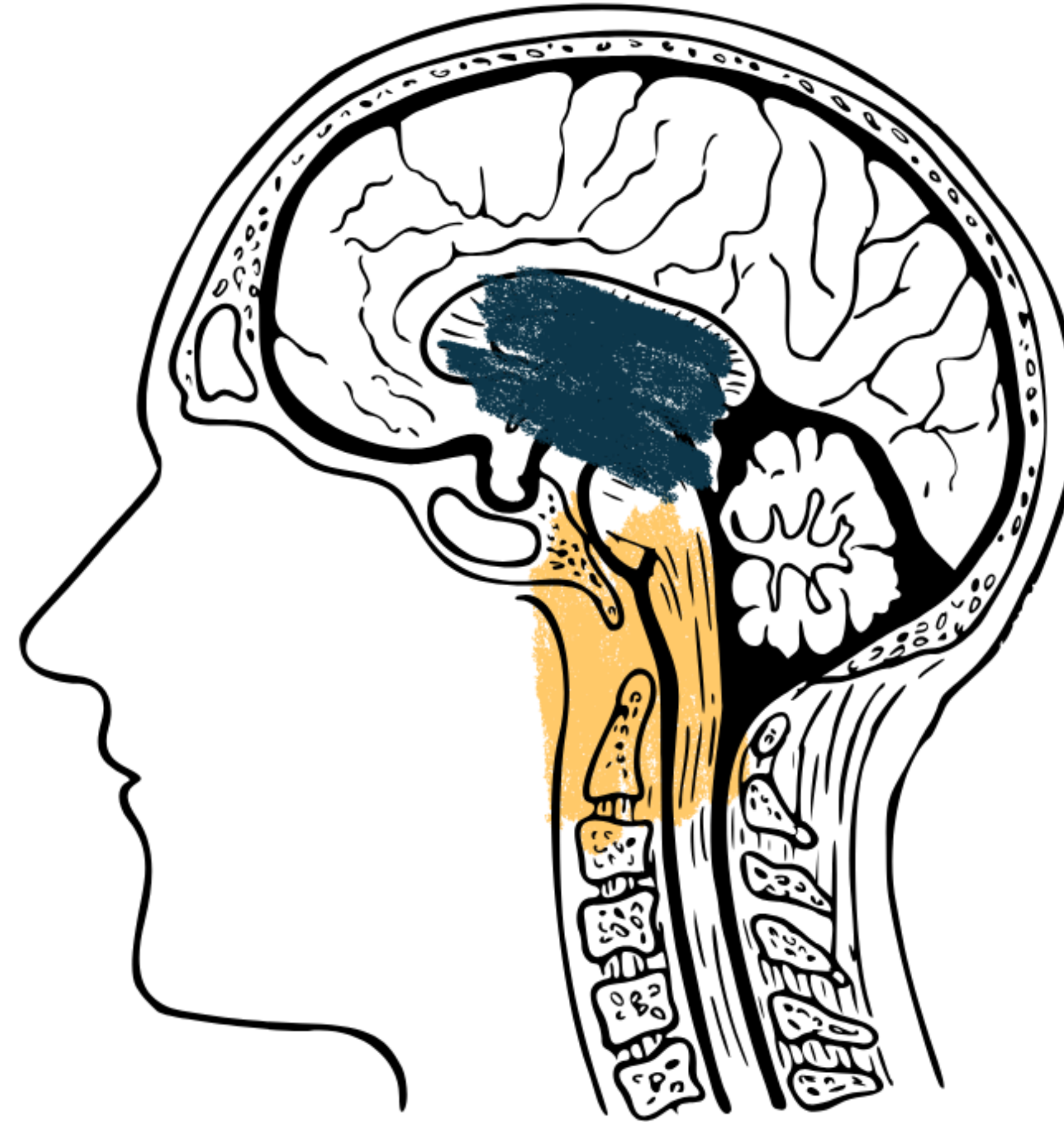
# Belonging Culture

Belonging and the brain

## Safety

Looks like:  
hiding, fighting, surrender,  
physical reactions

**Question:** Am I safe?



## Connection

Looks like:  
back talk, sass, yelling,  
verbal reactions

**Question:** Am I  
loved/connected?



# Belonging Culture

Belonging and the brain

## *CORE 3 of Belonging*

- Yearning for Connection - *CONNECTION*
- Need for Positive Regard - *SAFETY*
- Desire for Personal Connection - *SAFETY/CONNECTION*







# External Belonging

The Belonging Deficit

## Top 3 Sources of Belonging

- Family
- School
- Community

# Normal Culture

***Behave***  
***Believe***



***Belong***

# Normal Culture

**Behave**  
**Believe**



**Belong**

# Belonging Culture

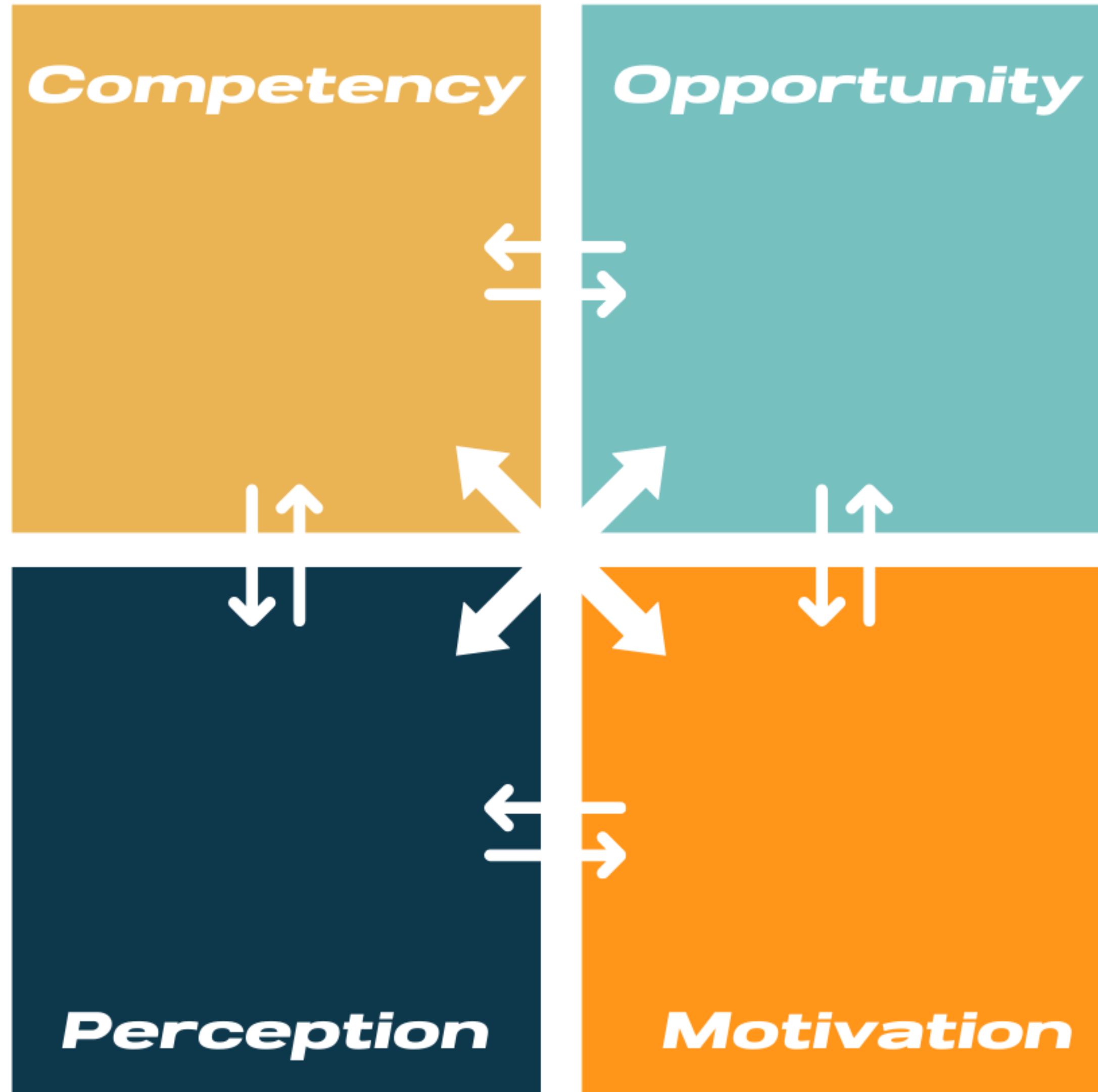
**Belong**



**Behave**  
**Believe**

# Normal Culture

The Belonging Deficit



# Normal Culture

The Belonging Deficit

## *Competency*

Having a set of skills and abilities (both subjective and objective) needed to connect with people, places, things, ideas, or experiences, and experience belonging.

# Normal Culture

The Belonging Deficit



*Opportunity*



The availability of groups, people, places, times, and spaces that enable belonging to occur.

# Normal Culture

The Belonging Deficit

A personal belief, need, or desire to  
connect with others

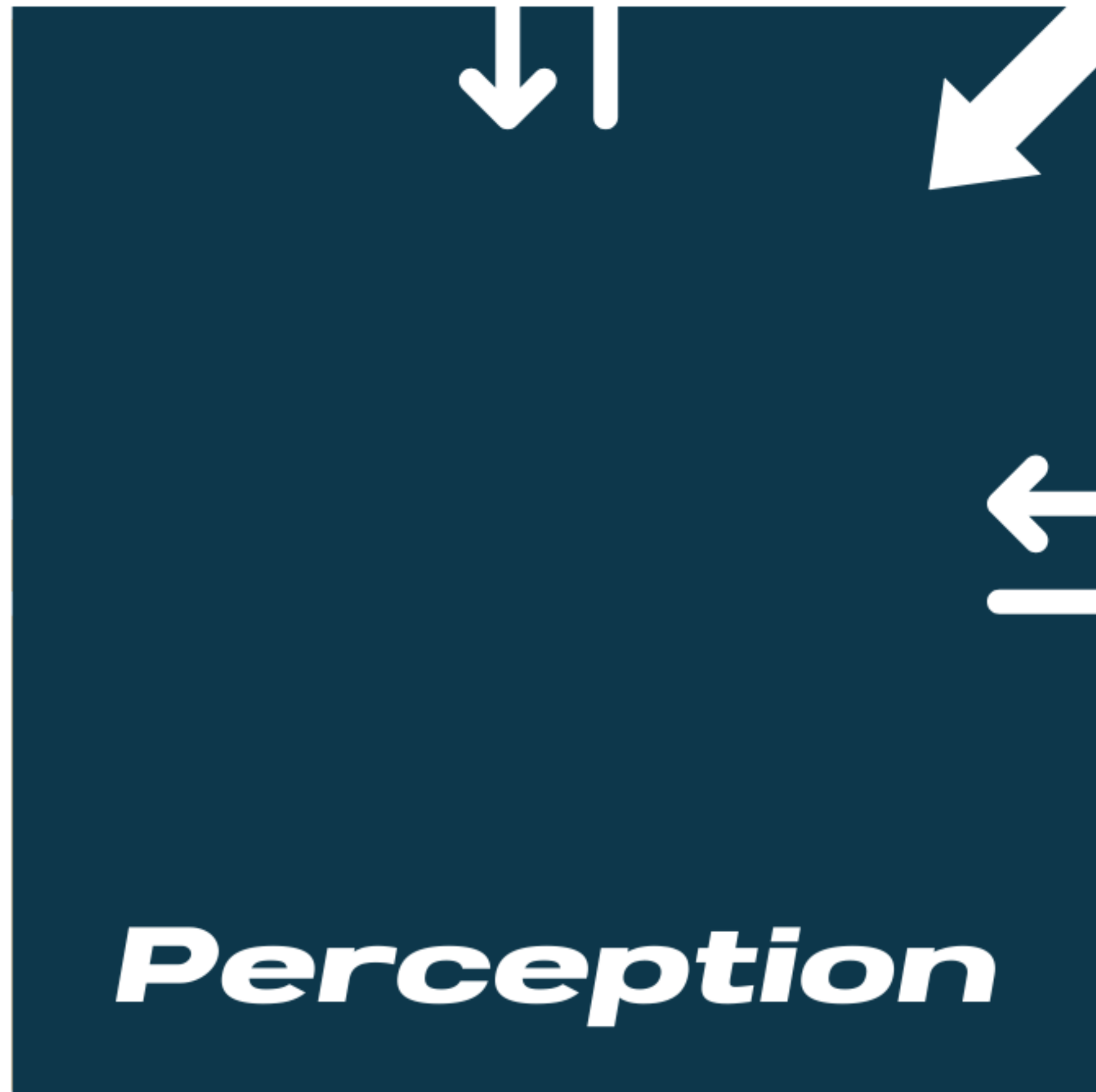


**Motivation**

The diagram features a large orange square in the center. To its top-left is a smaller orange quarter-circle containing three white arrows pointing towards the square. To the left of the square, two white arrows point towards its left edge. Above the square, two white arrows point towards its top edge. The word 'Motivation' is written in white, bold, italicized font at the bottom of the square.

# Normal Culture

The Belonging Deficit



A person's subjective feelings and cognitions concerning their experiences.



# External Belonging

Belonging Implementation



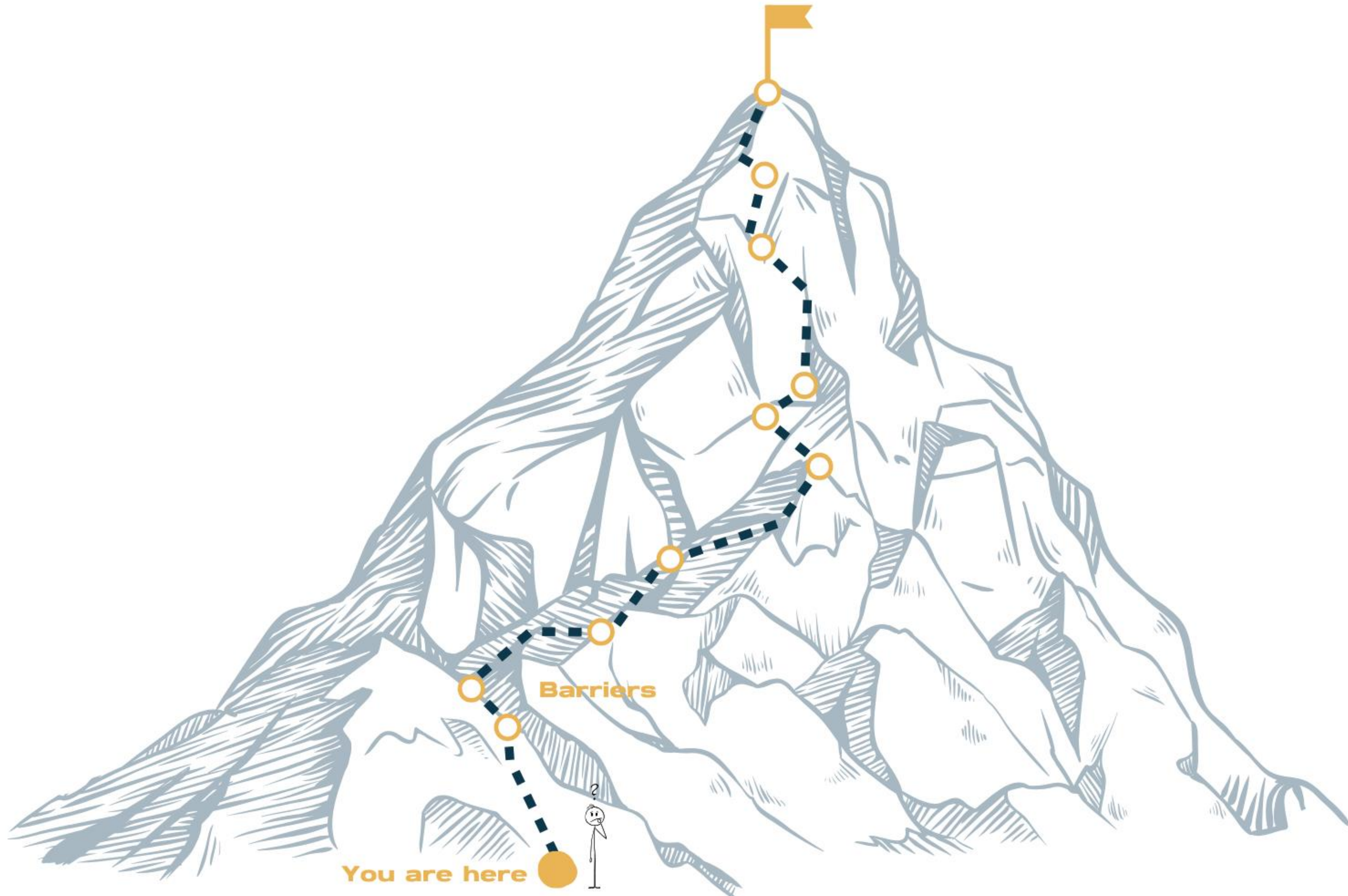
# External Belonging

Belonging Implementation



**External**





You are here

Barriers

# Belonging Culture





**LET'S  
BE THE DIFFERENCE  
TOGETHER!**

**Gaelin Elmore**

**SPEAKER  
TRAINER  
ADVOCATE**



**take my  
survey here**

**Code: CAN**

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