

INW Model

INTEGRITY > NEEDS > WANTS MODEL

When assisting clients to make decisions or set goals, use the INW model first. The INW model helps the client prioritize which goals must be started first. Also, the INW model is a simple filter when trying to decide about what actions to take.

The model works by asking yourself the following question:

Is this something... I MUST DO FOR MY INTEGRITY, or
I NEED TO DO IN ORDER TO GET MY NEEDS MET, or
I WANT TO DO BECAUSE IT FEELS GREAT?

One's integrity must be taken care of first, before needs and wants. Why? Because many of our needs and wants drive us because our integrity is out.

EXAMPLE

If you didn't tell your spouse that you're seeing someone else romantically, you are going to NEED more of something from him or her and WANT more or less than you would ordinarily. Why? Because you're off and the needs and wants cannot get satisfied until your integrity is satisfied.

This model takes a focus on attraction, effortlessness and creation for it to be worth using by the average client. The client who fights you on this needs a good talking to.

Another way to use the model is when you're confused or disturbed. Ask yourself,

Am I disturbed because:

1. I didn't get what I wanted?
2. My needs are not being met right now?
3. My integrity is out?

This integrity thing takes time to develop and become sensitive to. But once one "gets there" it is natural and one stops violating their integrity. They have grown through this Ego-stage.

This model may seem simple. It is. And it's *very, very* useful.