

Motivations Chart



Natural Desires & Motivations	Healthy ways of meeting the desire or motivation:	Unhealthy ways of meeting this desire or motivation:
Purpose / Significance	<ul style="list-style-type: none"> • Living out a sense of calling • Feeling a part of something bigger than oneself • Understanding our unique personality and strengths • 	<ul style="list-style-type: none"> • Exaggerating success • Focusing on ourselves or our fame as the end-goal of our work • Chronic over-working •
Praise / Affirmation	<ul style="list-style-type: none"> • Receiving praise from friends and family • Enjoying meeting set goals • Appreciating gifts and abilities • 	<ul style="list-style-type: none"> • Being fueled by being needed • Having a “rescuer” mindset • Being concerned with others’ noticing my abilities or contribution •
Power / Influence	<ul style="list-style-type: none"> • Using influence to create good, benefit to others • Seeking out and working towards the community’s goals • Looking for ways to empower or promote those with less power or influence • 	<ul style="list-style-type: none"> • Overly-focusing on control of others or work • Being fueled by being in the spotlight • Using power in a situation to accomplish selfish goals (financial, career, romantic, sexual, or reputation) •
Affection / Intimacy of Relationship	<ul style="list-style-type: none"> • Getting relational needs met in healthy, peer relationships • Enjoying intimacy in relationships where the other person has equal agency • 	<ul style="list-style-type: none"> • “Buying” others’ attention through helping them • Relying on affection from an unbalanced relationship (instead of investing in a mutual relationship) •

Source: Rachel Uthmann, International Association for Refugees