

6 HUMAN NEEDS

Quick Notes

- We're always going to meet our needs
- We can meet them in healthy or unhealthy ways
- Emotional malnourishment= association vs genuine
- Pro's and con's to everything
- Balance often helps us feel better
- We all value these differently

6 Human Needs

- Certainty
- Variety
- Significance
- Love
- Growth
- Contribution

Certainty

- Every individual needs to have some sense of certainty and security, an assurance you can avoid pain and gain pleasure
- Can be met by going to school and obtaining a degree, or it can be met by doing as little as possible and avoiding challenges.
- Even though some Certainty is necessary to all of us, what constitutes Certainty varies from individual to individual.
- Code words for Certainty are comfort, security, safety, stability, feeling grounded predictability and protection.

Uncertainty/Variety

- The need for the unknown, change, new stimuli
- Our bodies, our minds, our emotional well-being all require uncertainty, exercise, suspense and surprise.
- The need for uncertainty/variety can be met by reading on different subjects and meeting different kinds of people. Or it can be met by engaging in high-risk, unhealthy activities.
- The excitement that comes from variety is necessary to feel alive.
- Code words for Uncertainty/Variety are: fear, thrills, instability, change, entertainment, suspense, exertion, surprise, conflict, crisis.

Significance

- Feeling unique, important, special or needed
- Significance comes from comparing ourselves to others – in our quest for significance, we are always involved in questions of superiority and inferiority.
- The need for significance can be met by being the best at something – or by being the worst.
- Code words for significance are: pride, importance, standards, achievement, performance, perfection, evaluation, discipline, competition, respect, and rejection.

Connection/Love

- A strong feeling of closeness or union with someone or something
- Can be satisfied through good deeds and being kind, or by dominating others who are forced to show appreciation.
- It is epitomized by the concept of romantic love, the one person who will devote their life to us and make us feel complete. In some cultures, romantic love doesn't exist; it's replaced by the love of relatives, friends and tribe.
- Code words for love/connection are: togetherness, passion, unity, warmth, tenderness and desire.

Growth

- An expansion of capacity, capability or understanding
- One can grow into becoming a better person – or a despicable human being.
- When we stop growing, we die. We need to constantly develop emotionally, intellectually and spiritually.
- Anything that you want to remain in your life – your money, your health, your relationship, your happiness, love – must be cultivated, developed, expanded. Otherwise, it will degenerate.
- Code words for growth are: developing, learning, self-improvement, studying, and understanding.

Contribution

- A sense of service and focus on helping, giving to and supporting others
- One can contribute to the destruction of others – or to the well-being of many.
- It is in the nature of human beings to want to give back, to leave a mark on the world.
- Contribution is essential to a sense of fulfillment and to happiness.
- Code words for contribution are: giving, sharing, helping, supporting, guiding, teaching and making a difference.

Putting It All Together

- List the needs in order of importance
- Are there contradictions?
- What we do in order to fulfill each of the 6 Human Needs, what has to happen in order for us to feel that each need has been fulfilled
- Take the two most important needs on your list and write down two or three things that have to happen for you to feel that that need is fulfilled.