



# ***PYT Weekly Training & Support***

## Lesson #82 The 6 Human Needs

by Jim Katsoulis

We all know that emotions play a huge part in the way that we eat and the body that we have. And so, what I want to do today is to share with you a model of looking at our emotional needs. And this is something that was put out there by Tony Robbins. He calls it “human needs psychology.”

Now, like most theories, I'm not going to say that this is the answer to everything. What I am going to say is that looking at things in this way can be very useful. Again, it doesn't have to be just one thing. We can look at things this way and you can use other theories as well.

But, personally, for me and working with clients, I've found that operating on this model of these six basic human needs that we all have, that if you look at things this way and you recognize which one is missing and you fulfill those, you begin to have a deeper sense of calm and peace within yourself. You feel a deeper sense of fulfillment.

So, the first human need is the need for certainty. It's the sense that we all need to have a foundation, a ground, a sense of knowing what's coming up to a certain degree.

Now, like most things in life, with these six human needs, some people are going to have more of an emphasis on some of them and less on some. But the idea is that if we can, at least, fulfill them to some degree, it's going to fill up that void that sometimes people try and fill with food.

And so, the first one is a sense of certainty, having this foundation and this thing that we can believe in and having a certain expectation of what's coming up and having that be the way that it is. It can be very important to our emotional satisfaction.

The next one is the opposite of that. It's a variety or uncertainty because, again, we don't want to know every single thing that's going to happen; it gets boring. And so, we need a sense of variety and uncertainty in our lives as well in order to feel this sense of completeness.

So, the idea here as I go through these (if you want to write them down) is to take some time and reflect on these six areas. If you feel like you're missing out on some of them, take some time to fulfill them because this is a way that, again, is not directly connected to eating but as you fulfill these and you feel a deeper sense of peace within yourself and you feel more satisfied emotionally, you're going to find that your eating naturally changes.

So, we've got certainty, and we've got variety or uncertainty.

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The next one is significance. As humans, we want to feel significant. It's a fact. We want to feel important and significant to, at least, the people around us; and for some of us, it's on a much bigger level.

But the point is that you can go out and feel significant in a variety of ways. It doesn't have to be something huge. There are little things you can do to feel that sense of significance.

Remember, again, what we're looking for is to develop these emotions within ourselves, grow them, and cultivate them. And that can begin by doing small things you consider to be significant.

Again, as we add into certainty, uncertainty, and significance in our lives, you're going to feel a bit different, a bit more balanced and a bit more fulfilled.

The next thing is love and connection. We have this need to be loved and connected to other people whoever they may be. And so, as we work to cultivate that feeling of love and connection, again, it's going to make you feel different.

The theory here is that all behaviors in life are there to meet these six human needs on some level.

So, love and connection is very, very important to us as humans.

The next one is growth. We need to feel like we're getting better. We need to feel like we're growing, becoming better, and improving ourselves regularly.

Recently, I've started to really get focused on my typing. I want to really get good at it. Again, it's not something major. I'm not saving the world. But it's just something that is allowing me to grow as a person. As little as it is, it's just one thing that has made me feel better in a small way.

So, this isn't about having to do huge things although, obviously, you can do those as well. But have you been growing in areas of your life? Are there certain things in your life that you would like to be better at?

If that's true, if you've been lacking in growing, then, that's something you want to focus on and start developing within yourself. It makes a huge difference in the way that you feel.

And, finally, we need to have a sense of contribution. We need to contribute back to society, back to the people that we care about because we can't just take.

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Again, this isn't rocket science, and I'm not saying that these are definitely the most profound ideas. But I think these six ideas, specifically, are very, very important.

If you look at yourself within these six concepts that you need, these six emotions that you need to feel, then, you're going to find that you've been lacking on, at least, some of them.

And if you fulfill them, then, you're going to feel yourself become a different person in a very beneficial and healthy way.

So, again, the idea of contribution doesn't have to be something huge. It can be something little because the feeling of contribution, in and of itself, is very empowering. And you might be surprised. It might be counterintuitive for some people that the idea of contribution and wanting to contribute can be an extreme motivator.

And as soon as you start thinking less about how it's going to help you and you start thinking about how it's going to help many people, sometimes, that can be a real trigger and a real motivator for people to do amazing things.

And so, how can all these affect the weight loss?

If, all of a sudden, you start really getting caught up in contribution and you start to be really focusing on contribution, well, in order to contribute the most, you're going to need to be at a peak level of health, physically and emotionally.

And so, as you focus on contribution, all of a sudden, it becomes this motivator; it becomes this desire to want to eat well so that you can do that, so you can satisfy that need.

The idea of love and connection—maybe the better you eat, the more energy you have, the more clear you are, and the more balanced you are emotionally; and it improves that.

The idea of growth—the better you feel about yourself, the more energy you have, the better you eat, and the more you can put into growing as a person in specific areas of your life.

Again, with certainty, the idea there is that you begin to have a sense of certainty with your food even so that you know what you're going to eat typically for breakfast. Maybe it's some fruit and cereal or something; but it's something solid; it's something healthy that gives you a foundation to support you throughout the rest of the day.

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So, it's the same thing with variety, the opposite of dieting. We don't want to be bored. So, we need to have variety in the foods that we're choosing and the exercising that we're going to use. It can't always be the same thing. That can be very boring.

And the idea of significance, that we want to be significant—in the culture we live in, there's a lot of negativity towards being overweight; and, a lot of times, we internalize that and it can make us feel insignificant because we feel less, then, if we feel overweight.

So, again, as we start to identify these six human needs, we can start to realize that we want them and how nice it would feel.

So, again, we want to use some of our mental programming here. Go through those six basic human needs and take some time and imagine what it would feel like to have those well developed within yourself.

If you did feel significant, again, your body changes; you become “more” all of a sudden. It's a way to look at the world. It's a measuring stick, but it's a measuring stick that I found to be very, very useful; and it's very practical and there's not a whole lot of theory here.

If you actively develop these six areas, I feel like it can only do good for you. It's just a new way to look at things.

And when you've solved these and when you've fulfilled these emotions naturally, realistically, and genuinely, then, I think you're going to also find that your cravings change and the way that you eat changes.

So, that's a way to look at it. Take some time and really think about it. Are you hitting these areas of your life? Are you developing and cultivating these areas in your life?

And, if you're doing some of them and not others, then, take some time and learn to develop them. It changes you on a foundational level.

So, thanks for listening. I'll talk to you next week.

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