

6 Basic Human Needs

- o Love and Connection
- o Growth
- o Significance – meaning in your life
- o Contribution – ability to give share and contribute
- o Certainty - safety
- o Uncertainty – novelty change, stimulation

List of Tertiary Needs (Need in Real Time)

This is a list of your day-to-day needs that are linked back to our basic human needs.

Connection Needs	Certainty Needs Cont'd.	Growth Needs	Significance Needs
Acceptance	Safety	Self-Development	Empowerment
Affection	Structure/Routine	Self-Realization	Competence
Appreciation	Order	Progress	Belief
Belonging	Stability	Opportunity	Meaning
Cooperation	Support	Expansiveness	Effectiveness
Communication	Food	Integration	To feel known
Closeness	Movement/exercise	Awareness	To see and be seen
Companionship	Rest/sleep	Challenge	To be
Compassion	Trust	To Understand	understood
Consideration	Peace		Admiration
Consistency			Participation
Equality			Infatuation
Empathy			Purpose
Inclusion			Validation
Harmony			To matter
Intimacy			Authenticity
Love			Integrity
Mutuality			
Nurturing			
Respect/self-respect			
Touch			
Warmth			
Sex			
Certainty Needs	Uncertainty Needs	Contribution Needs	
Choice	Movement	To give	
Autonomy	Change	To create (all forms)	
Independence	Stimulation	To write	
Space/Boundaries	Spontaneity	To nurture	
	Sexual Expression	To assist	
	Experience	To be present	
	Travel	To support	
	Discovery	Presence	
	Inspiration		
	Beauty		
	Joy		
	Playfulness		
	Humor		
	Flow		

Review Needs List

Everybody has needs, and in order to create harmony we need to have our needs met. First step is being aware of our needs. Our emotions give us feedback when a need is unmet. When you have a negative feeling you have an unmet need. So having awareness will help you to create change in real time.

When something is hurting them or affecting them (especially in relationship to other people) usually there is an unmet need.

How do you figure out what need is unmet?

What are the top 15 needs that stand out from this list?

For each of the above how satisfied are your needs out of 10?

For those 7 and below what strategies do you have currently? What can you create to bring to 8 or above.

What needs are related?

What are strategies to get more of this in your life?

1-3 strategies daily, put into practice, ask them how they can put into practice.

Bring Prompts into the next session with your client.

Core wounds and unmet needs can work together. Sometimes a limiting belief can block a need getting met. So if you can reprogram a core belief you can meet needs. Also if you are blocked on a need it's probably due to a limiting belief or core wound.