



6 Human needs

The Six Human Needs

Certainty



Too much certainty leads to **BOREDOM**

Variety

Too much variety leads to **OVERWHELM**

Significance



To feel significant most people want to distinguish themselves and feel different to others. But this can lead to feeling **DISCONNECTED** from society.

Love & Connection

Needing to feel too much love and connection leads to co-dependence and **LACK OF SELF ESTEEM**

Growth



Contribution

Growth and contribution are the highest needs for humans.



We (all humans around the world) have 6 basic needs we are driven to fulfill: Tony Robbins,

- These are not goals and not desires.
- Humans all over the world have the same needs but we don't value them in the same way.
- We spend our life making sure these needs are kept. Either in a positive or negative way
- There needs map your life
- Most people get their needs met in the moment and not long term. Sugar high.
- People will give up their goals and desired to meet their needs.
- Anytime your mind perceived that doing something, feeling something or believing something meets at least 3 of your needs then you will become addicted to that feeling, emotion or action.
- Most people meet their needs with problems
- People's actions are there attempts to meet their needs

1-4 PERSONALITY NEEDS are Certainty, variety, significance and Love and connection.

1: Certainty: a survival need

The need for safety, stability, security and comfort.

The higher this need is, the less likely you are to take risks.

TO much certainty leads to boarded

We can fill this in good and negative ways:

Good ways: Money, Routine, Stable relationships, Helping others, Strong faith, Being efficient, Exercise, Medical diagnosis, Being efficient, Research, praying, doing the same ritual daily,

Negative way: Avoiding situations, Drugs or alcohol, Needing food, Controlling people, Joining gangs, Violent behavior, Theft, over eating, smoking, staying in a negative relationship. Lower your expectation.



2 Uncertainty/Variety

The need for variety, surprise, challenges & excitement.

Too much variety leads to overwhelm

Good ways: Sports – Extreme or not, New people, Holidays, Learning, Challenging themselves, Get out of your comfort zone, New job, Growing, Taking on a new challenge, praying.

Negative ways: Drugs and alcohol, Gossiping, Infidelity, Job instability, Eating, Fights, Violence, Smoke a joint, Crime

3 Significance

A sense of importance and worthy of love. Feeling special and loved. Need to feel needed.

To be significant you need to be unique and different

To feel significant most people, want to distinguish themselves and feel different to others. But this can lead to feeling DISCONNECTED from society.

We can fill this in good and negative ways:

Good ways: Education/ Learning, Achieving, Working overtime, Promotion at work, Being in love, Money, Independence, Promotion, Leadership, praying, doing the same ritual daily

Negative way: Get angry all the time because their life is uncertain, Being 'Important', Possession of Expensive material, Working too much overtime, Showing Off, Criticizing others, Infidelity, Violence, Controlling People, Needing tasty food, Avoiding situations, over eating, smoking, staying in a negative relationship. Lower your expectation. Tear down everyone else that you perceive that is significant.

4 Connection and Love

To feel connected with & loved by other human beings.

Most people are too afraid to love because they have lost someone or they have been deeply hurt.

We can fill this in good and negative ways:

Good ways: Nurturing/supportive word, Team sports, Spiritual groups, Community work, Friends, Marriage, Helping others, Watching rugby just for 'him'

Negative ways: Sympathy through illness, New relationships, Infidelity, Swapping jobs, Crime, Abusive relationships, Manipulation of others, Creating problems for themselves, trying to please someone all the time.



NEEDS OF THE SPIRIT are growth and contribution

5 Growth: we grow or we die.

The need for constant emotional, intellectual and spiritual development.

Good ways: Personal relationships, Trauma, Grief, Illness, Learning/Reading, Preparation,

Negative ways: Leaving others behind because you grow too much, Thinking of people as insignificant, If a person is not in the plan, Ignorance, Becoming imbalanced as a result

6 Contribution

To give beyond ourselves, care, protect and serve others. At the end we always want to share what we have done and learnt.

Good Ways: Volunteer in your church, Serve on the school, Serve on boards of NGO's, Give to the less opportunity, Do some 'pro-bono' work, Look after ill friends/family, Listen to others, Give your precious time to others,

Negative Ways: Giving so much to others that you own family is neglected?, Force others to contribute because you want to.

Rank the six needs, below, in order of their importance to you in your life right now (1 is highest and 6 is lowest). Once you've done that ...

1. Think of a time in your past when things were not going well for you. Tick the needs that you feel were being fully met at that time.
2. Then think of a time in your past when life was great and things were going really well for you. Tick the needs that you feel were being fully met at that time.
3. Now think of a situation or area of your life right now that is not going well. Tick the needs that you feel are being met? Is there any way to get more of your needs met?

	Bad Time	Good Time	Now
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Now ask yourself the question...

What do I need to do right now to have more (X) in my life? (Where X is the need or needs that you haven't ticked, i.e. those that are not currently being met right now.)

HOW I GET MY NEEDS MET Currently.

CERTAINTY

POSITIVE	NEGATIVE

VARIETY

POSITIVE	NEGATIVE

SIGNIFICANCE

POSITIVE	NEGATIVE

LOVE & CONNECTION

POSITIVE	NEGATIVE

GROWTH

POSITIVE	NEGATIVE

CONTRIBUTION

POSITIVE	NEGATIVE

Identify a situation in your past when you behaved in a way very unlike you- you will probably have been very disappointed in what you did or said.

Think back to all the circumstances surrounding this happening- and then identify which one of the 6 Human Needs were being fulfilled?

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How does this make you feel?

How can I get these 6 needs met on a regular basis right now?

NEED	WHAT I WILL DO TO GET THIS NEED MET
CERTAINTY	
VARIETY	
SIGNIFICANCE	
LOVE & CONNECTION	
GROWTH	
CONTRIBUTION	

How will achieving your goals help you in meeting your needs?

IMPORTANT FACTS ABOUT THE 6 HUMAN NEEDS

- We will compromise EVERYTHING to get these 6 needs met...our morals, values, ethics, rules etc ETC
- The first 4 needs in the diagramme are the CORE needs, and must be met first, before we can move onto meeting the “higher” needs of Growth and Contribution.
- We can get these needs met in a positive or a negative way.

The 4 classes of human experience

CLASS ONE	CLASS TWO
It feels good It is good for you It is good for others It serves the greatest good Example: pursuing growth	It DOES NOT feel good It is good for you It is good for others It serves the greatest good Example: challenging yourself
CLASS THREE	CLASS FOUR
It feels good It is NOT good for you It is NOT good for others It DOES NOT serve the greatest good Example: Taking drugs	It DOES NOT feel good It is NOT good for you It is NOT good for others It DOES NOT serve the greatest good Example: abusing your partner

NUGGETS TO TAKE AWAY

- If you are feeling unhappy, it is probably because fewer of your needs are being met.
- If you have done something very “unlike you”, and can’t understand why you did it, or are disappointed with yourself- look to see which Need was being met, and start the process of FORGIVING YOURSELF.
- If you are stuck in a situation, actively get the 6 needs met in different area’s of your life.
- Aspire to having your needs met by acting in alignment with your beliefs, values, morals.
- These needs are one of the main forces that drive us.