

## The Six Human Needs

In Human Needs Psychology, the six Human Needs are the driving force and motivation behind everything we do. Everyone must meet the first four needs.

**CERTAINTY** – that we can feel safe, avoid pain, and be comfortable and secure in our environment and relationships. (comfort, safety, peace, routine)

*What needs to happen for you to feel certain? What are some of the things that give you certainty? What are you doing when you feel certain? What are the moments when you feel certain?*

**UNCERTAINTY/VARIETY** – that we are challenged and experience variety in our emotional and physical range. (excitement, uncertainty, exploration, adventure)

*What needs to happen for you to feel uncertainty/variety? What are some of the things that give you variety? What are you doing when you feel variety? What are the moments when you feel variety?*

**SIGNIFICANCE** – that we feel important, needed, and wanted. (important, lasting, acknowledged, I matter, I'm valued)

*What needs to happen for you to feel significant? What are some of the things that give you significance? What are you doing when you feel significant? What are the moments when you feel significant?*

**LOVE/CONNECTION** – that we are connected with others and that we can experience love. (appreciation, romantic love, friendship, self-love)

*What needs to happen for you to feel love/connection? What are some of the things that give you love/connection? What are you doing when you feel love/connection? What are the moments when you feel love/connection?*

**GROWTH** – that we are able to learn and develop physically, emotionally, intellectually and spiritually. (expansion, adding in, evolutions, new experiences)

*What needs to happen for you to feel growth? What are some of the things that give you growth? What are you doing when you feel growth? What are the moments when you feel growth?*

**CONTRIBUTION** – that we can give and contribute to others beyond ourselves. (giving, leading, serving, believing in others, making a difference)

*What needs to happen for you to feel like you are contributing? What are some of the things that give you the feeling of contribution? What are you doing when you feel like you are contributing? What are the moments when you feel you are contributing?*

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Costanza, Robert, et al. "Quality of life: An approach integrating opportunities, human needs, and subjective well-being." *Ecological economics* 61.2-3 (2007): 267-276.