

The 6 Needs Of Humans

Can meet any of these needs by destructive, neutral or constructive means.

We all have these needs, but we tend to value two more than the rest. These two needs become your driving force. The first 4 are the needs of personality and you must meet all these needs to survive.

Certainty: The need to avoid pain and seek comfort. A survival mechanism. It is the need to have a predictable outcome in an unpredictable world.

Ways you might meet this:

- Try to control everything
- Want everything the same (consistency)
- Working harder than others
- Faith
- Food
- Drugs
- Fitness

Variety/Uncertainty: Variety is the spice of life. If everything was predictable all the time, we would become bored, so the human personality needs variety. We have a need for the unknown. Opposite of certainty.

Ways you might meet this need:

- A holiday
- New anything (relationship, job, goal, AMG!)
- Drugs
- Social interaction
- Violence

Significance: The need to feel important, unique, special, needed, sense of purpose. Everyone finds a way to do this.



Ways you might meet this need:

- High achievements
- Material possessions
- Leading people
- Having a mission
- Extraordinary compassion (firefighters at 7/11)
- Violence (ISIS)
- Scarcity (I've got so little)
- Having problems
- Being right
- Having a disease
- Tearing others down

Connection/Love: Everyone needs this. Bonding sharing, feeling part of something, intimacy, at one with.

Ways you might meet this need:

- Sympathy (victim)
- Gangs or teams
- Spirituality/ prayer
- Being in nature
- Family, children, community
- Sex
- Getting others to comply with your requests (evidence of acceptance)
- Hugs
- Helping people
- There are unlimited ways to get connection

The two needs of the spirit or the fulfilment needs

Growth: If you are not growing, you are dying. IF you are moving forward you feel fulfilled.

Ways you might meet this need:

- Learning something new
- Going to gym to get fitter
- Increasing financially
- Increasing level of relationship
- Anything that's moves you forward.



Contribution: Giving is living. When you give you get. Your greatest sense of fulfilment is when you are contributing to something other than yourself.

Ways you might meet this need:

- Donations, charity, visiting the elderly
- Helping out at school
- Helping anything for its benefit.
- Each person puts these six needs in their own unique order of importance, but the top four needs in this list above are really what shapes our personality, while the last two (growth and contribution) shape our spiritual needs. The problem is, if you have significance or certainty as one of the top two needs of your personality, your life is guaranteed to have problems.
- Here's why: in order to have certainty as number one, life has to stay the same — something that it does not do. So, in order to keep your life the same, you have to artificially control your environment, control the people and control yourself. The only way to achieve that is to lower your expectations or just be stressed out all the time, neither of which are a good option.
- If significance is one of your top two needs, you always have to be competing with someone else. More than likely, you have to lie to yourself about your real abilities or surround yourself with people that are less skilled.
- All dysfunctional behaviours arise from the inability to consistently meet these six needs. But, if you are able to reach them, in a healthy order — meaning significance and certainty are not at the top — you will have fulfillment.

