

# Your Personal Needs

Discover & meet all of  
your needs

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# 6 Core Human Needs

## **Core human needs**

- contribution
- love & connection
- significance
- growth
- certainty
- uncertainty

**1. Which of them are the most important? Put them in order:**

**2. In what ways are you meeting these needs?**

**3. In what *unhealthy* ways are you meeting them?**

**4. Can you change them? Can you find better ways?**



# Secondary Needs

Acceptance	Contribution/Service	Mastery/Excellence	Stimulation
Achievement	Control	Novelty	Success
Adventure	Creativity	Openness/Transparency	Support
Aesthetics/Beauty	Dependability	Order/Structure	Trust
Affection	Discovery	Physical Activity	Understanding
Appreciation	Emotional Safety	Physical Safety	Variety
Attention	Empathy	Play/Fun	
Attraction	Familiarity	Pleasure	
Authenticity	Financial Security	Prestige/Status	
Autonomy/Agency	Freedom	Privacy	
Belonging	Gratitude	Purpose/Meaning	
Celebration	Growth	Recognition	
Challenge	Honesty	Relaxation	
Comfort	Inclusion	Respect	
Community	Independence	Rest	
Compassion	Intimacy	Self-Acceptance	
Competence	Kindness	Self-Understanding	
Connection	Knowledge	Sex	
Consideration	Laughter	Spontaneity	
Consistency	Learning	Stability	

## 5. Circle your main secondary needs

**6. How do you spend your time?**

**7. If you didn't have to work, what would you do?**

**8. If you won \$1mln, on what would you spend it?**



# Daily Habits



## 9. What 1-5 things can you do daily/weekly to meet your main needs?



# **My Partner's Needs**

**10. List their core human needs, based on their priority**

**11. List their main secondary needs**

**12. How do they spend their time?**

**13. If they didn't have to work, what would they do?**

**14. If then won \$1mln, on what would they spend it?**



# Why We Sabotage Relationships

**15. What needs do you have that you feel you have to sacrifice to be in a relationship?**



**16. Can you be absolutely sure it's true?**



**17. In what ways do you believe you could meet these needs, if you were single?**



**18. How could you meet these needs without breaking the relationship?**





Thank you

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