

Universal Human Needs:

Every human being has both emotional and physical basic needs. For somebody to become reasonably healthy psychologically and physically, they need to find a way to meet at least a minimum amount of all their basic needs. Through the process of growing up, or during adult life, a person can learn from their experiences how to get their basic needs met. This means both learning how to meet needs for ourselves, and learning how to let others help us meet our needs. This can be much harder for some people than others, because sometimes our instinctive responses to ourselves and the world around us, do not actually help us get what we need.

These universal human needs are:

1. **Emotional Safety:** our need to feel safe, secure and comfortable enough with ourselves, most of the time.
2. **Control & Competence:** our need to feel 'in-control', good enough or competent at things, enough of the time.
3. **Nurturance:** our need to feel comforted, cared for, loved and understood. This includes being actively comforting, caring and understanding enough towards ourselves.
4. **Acceptance:** our need to accept ourselves and our needs, with no conditions attached. To be able to accept our strengths, weaknesses and idiosyncrasies. To feel that others will accept us enough as we are.
5. **Physical safety:** our need to have shelter, warmth and be free from physical threat (from others or ourselves), most of the time.
6. **Nutrition:** our need to consume enough energy and hydration for daily activity and to maintain healthy body stores of energy, in order to keep our organ systems, skeleton, skin etc etc, working as well as possible.
7. **Rest:** our need for enough sleep and rest to allow our bodies to recover from activity and repair themselves when needed.
8. **Activity:** our need for enough physical activity to keep muscles, joints and organs working as well as possible.

We are the same as every other human being in having these basic needs. However we are also unique individuals. So once you get beyond the minimum level of each need to be reasonably healthy physically and psychologically, the fine tuning of what blend and balance of your needs help you as an individual feel the best you can and get the most from life, is a process of 'trial and error'. What feels right for one person in terms of how much they need to feel safe or how much they need to feel in-control, will not be the same as the next. How much someone needs others to meet their needs and how much they can do this for themselves, will also be different from person to person.