

6 HUMAN NEEDS

Alyssa Tiberi - California Canopy

CERTAINTY

SAFETY/SECURITY

Assurance you can avoid pain and gain pleasure.

PREDICTABLE

UNCERTAINTY

VARIETY

The need for the unknown, change, new stimuli, adventure

UNSAFE

GROWTH

EXPANDING

An expansion of capacity, capability or understanding

STAGNANT

CONTRIBUTION

GIVING

A sense of service or focus on helping, giving to or supporting others

LACK PURPOSE

SIGNIFICANCE

SEEN

Feel unique, of value, important, special, needed, independent

UNSEEN

CONNECTION

LOVE

The strong feeling of closeness or union with someone or something

UNLOVED