

# Universal Human Needs

We all need certain things like food and water, sleep and respect in order to be healthy. One of the most important functions of limits and boundaries is to protect our need for physical and emotional safety. Limits and boundaries can help us make sure other needs are met as well.

Depending upon how we grew up, many people are not aware of what they need or they have learned to minimize or pretend their needs don't matter. In order to use limits and boundaries effectively we have to be aware of and accept our individual needs.

*Everyone has needs and having needs doesn't make you selfish.*

*Meeting your needs is necessary for your health and wellbeing. It doesn't mean you're "needy."*

## UNIVERSAL HUMAN NEEDS

Circle the needs you experience currently and add additional needs you think of.

Physical safety

Emotional safety

Respect

Appreciation

Understanding

Acceptance

Trust

Honesty

Kindness

Physical Touch

Belonging

Contribution

Choices

Education

Self-esteem

Fun

Excitement / novelty

Creative outlets

Challenges

Food and water

Rest and sleep

Independence and autonomy

Spiritual connection

Certainty

Variety

Freedom

Community

Knowledge

Self-worth

---

---

---

---

---

---

---

---

---

---

---

---