



Basic Human Needs for Emotional Health and Wellbeing

Basic Human Need	Examples	How well is it currently being met on a scale of 1 – 10? (1 = not at all, 10 = fully met)	What are you currently doing to meet this need?
The need to give and receive attention	Inter-connection with other people; regular quality contact with other people		e.g. Have a good circle of friends I see on a regular basis; have hobbies which allow me to interact with other people; I am part of a sports group where I regularly interact with others
Having a sense of control	Having an appropriate sense of control in your life and an ability to let go of the things outside your control		e.g. I recognise the things in my life I can control and influence and I understand the only person I can control is myself. I control my life and my decisions and don't feel the need to control others
Having a meaning, purpose and goals in your life	Making future plans and having something to work towards; creating goals which give a sense of meaning to your life		e.g. I have a job which I enjoy and inspire me. I am running a 10K charity event next year. I am doing an evening class in life drawing.

Sense of safety and security	Security found from close relationships; an ability to deal with whatever situation we find ourselves in		e.g. I have a supportive partner who is there for me when I need them. I have a close knit family who support one another.
The need for intimacy and connection	Intimacy that comes from a partner or good friends; the sharing of ideas, feelings and dreams with someone else		e.g. I have a good circle of friends I see who I share my hopes and dreams with. I have a dog who gives me lots of love and affection.
Mind – body connection	The way we look after ourselves physically directly impacts on our psychological wellbeing. Having enough rest, sleep, exercise and having the right food and drink		e.g. I eat well and do a regular exercise class. I drink water every day and watch my caffeine intake. I walk my dog every day
Need for status	Being recognised for your talents; having something worthwhile to contribute towards		e.g. I completed a marathon last year and raised £100 for a local homeless charity, my friends have been inspired to start running after seeing me!
The need for creativity and stimulation	Learning and expanding your horizon; having an interest in a topic or a hobby; taking on new challenges		e.g. I am learning to play the guitar. I play golf most weekends. I am learning to speak Spanish.
A connection to something greater than ourselves	Being connected through a community; doing voluntary work; having a connection to like minded people who work or share a common goal		e.g. I am part of a community which often runs events in the area. I am part of a spiritual awareness group that meet once a week