Do you know your 9 Emotional Needs?

People whose emotional needs are being met well and in balance are less likely to suffer mental health problems...

1. **Security**
   - Safe territory and an environment which allows us to develop fully

2. **Attention**
   - (To give and receive it) — a form of nutrition

3. **Autonomy**
   - Having volition to make responsible choices

4. **Community**
   - Feeling part of a wider community

5. **Privacy**
   - Opportunity to reflect and consolidate experience

6. **Meaning & Purpose**
   - Which come from being stretched in what we do and think

7. **Intimacy**
   - To know that at least one other person accepts us totally for who we are, “warts ’n’ all”

8. **Status**
   - Sense of status within social groupings

9. **Achievement & Competence**
   - Sense of competence and achievement

The Human Givens approach is a set of organizing ideas that provides a holistic, scientific framework for understanding the way that individuals and society work. This framework encompasses the latest scientific understandings from neurobiology and psychology, as well as ancient wisdom and original new insights...

Interested in finding out more? Try some of our products:

- **Human Givens: The new approach to emotional health and clear thinking** by Joe Griffin and Ivan Tyrrell
- **Understanding Anxiety — and managing it without drugs** Online Course
- **How to lift depression — the practical skills you need** One-day UK Course

To find these resources — and much more — visit: www.humangivens.com