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**
   - Safety and security in the environment which allows us to develop fully

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

3. **Autonomy**
   - Having the freedom to make responsible choices

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

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

6. **Meaning & Purpose**
   - Brought about through being stretched in what we do and think

7. **Intimacy**
   - To know that at least one other person accepts us totally - "wearts 'n' all"

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

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

The Human Givens approach is a set of organizing ideas that provides a holistic 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 mental health and clear thinking by John & Sylvia Y Lorenz
  www.humangivens.org

- **Understanding Anxiety:** Understanding it without drugs
  www.hgformarisarons.co.uk

- **How to lift depression:** the practical skills you need
  www.humangivenscollege.com

Find out more about the human givens (HG) approach to mental health and well-being:

www.hgi.org.uk