



Human Givens

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...

Security

Safe territory and an environment which allows us to develop fully



2



Attention

(To give and receive it) — a form of nutrition

Autonomy

Having volition to make responsible choices



4



Community

Feeling part of a wider community

Privacy

Opportunity to reflect and consolidate experience



6

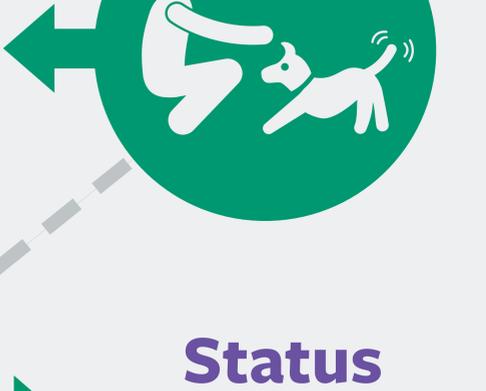


Meaning & Purpose

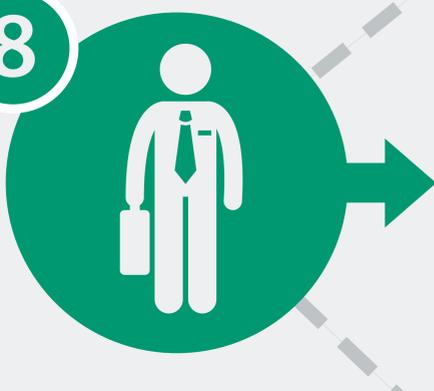
Which come from being stretched in what we do and think

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

Achievement & Competence

Sense of competence and achievement



What are the Human Givens?

‘Human Givens’ is a practical, holistic and scientific approach focusing on what individuals need to live mentally healthy and fulfilling lives.

It draws on the latest insights from neuroscience and psychological research, and combines this knowledge with proven therapeutic techniques from a wide range of approaches to provide highly effective interventions.

Its application is broad – encompassing mental and physical healthcare, wellbeing, education, social work, life coaching, the workplace, conflict-resolution and beyond.

Find out more – www.humangivens.com/about/

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



Human Givens

To find these resources - and much more - visit:

www.humangivens.com