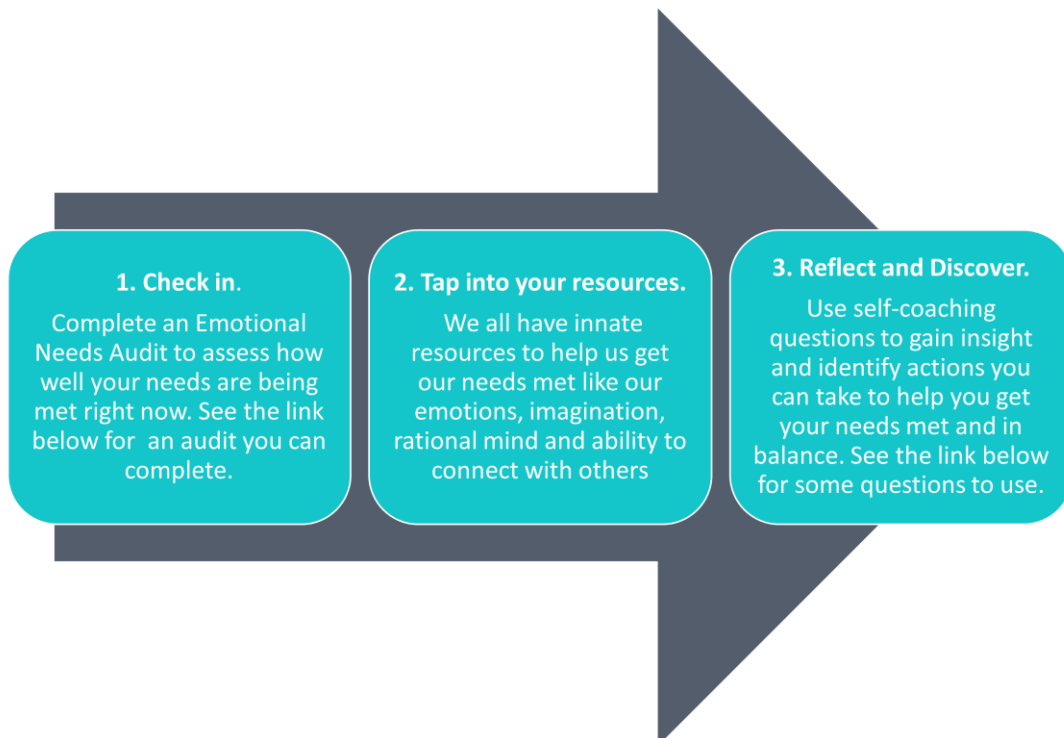




Established scientific findings from neurobiology and psychology along with new insights, shows us that in order to be happy, healthy, and performing at our best a certain set of needs must be met. These needs can be met in and outside of work. These 9 needs (below) are part of what Psychologists call the Human Givens.



Try this 3-step process to help you ensure you're getting your needs met:



Step 1. Complete an Emotional Needs Audit



The Emotional Needs Audit

How well are your innate emotional needs being met?

Nature has programmed all of us with physical and emotional needs. These are the 'human givens' that cannot be avoided. How stressed we are depends on how well our needs are being met, and how well we deal with the situation when they are not. Rate, in your judgement, how well the following emotional needs are being met in your life now, on a scale of one to seven (where 1 means not met at all, and 7 means being very well met), by ticking the appropriate boxes.

	NO	SOMETIMES					YES
1. Do you feel secure in all major areas of your life (such as your home, work, environment)?	1	2	3	4	5	6	7
2. Do you feel you receive enough attention?	1	2	3	4	5	6	7
3. Do you think you give other people enough attention?	1	2	3	4	5	6	7
4. Do you feel in control of your life most of the time?	1	2	3	4	5	6	7
5. Do you feel connected to some part of a wider community?	1	2	3	4	5	6	7
6. Can you obtain privacy when you need to?	1	2	3	4	5	6	7
7. Do you feel an emotional connection to others? For instance, do you have an intimate relationship in your life, one where you are totally physically and emotionally accepted for who you are by at least one person (this could be a close friend)?	1	2	3	4	5	6	7
8. Do you feel you have status that is acknowledged?	1	2	3	4	5	6	7
9. Are you achieving things and feeling competent in at least one major area of your life?	1	2	3	4	5	6	7
10. Are you being mentally and/or physically stretched in ways which give you a sense that life is meaningful?	1	2	3	4	5	6	7

- If your scores are mostly low, you are more likely to be suffering stress symptoms.
- If any need is scored 3 or less this is likely to be a major stressor for you.
- Even if only one need is marked very low it can be enough of a problem to seriously effect your mental and emotional stability.

Stress, anxiety, anger, depression and addiction are the result of our innate needs not being met, either due to environmental factors, harmful conditioning or a misuse of imagination (worrying). People do not have mental health problems when their innate needs are being met in balanced, healthy ways. By highlighting areas in your life where your essential needs aren't being met as well as they could be, you can use this questionnaire to help you think constructively about how your life could be improved.

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Step 2. Tap into your innate resources

- The ability to develop complex long-term memory
- The ability to build rapport, empathise and connect with others
- Imagination
- Emotions and instincts
- A conscious, rational mind
- The ability to 'know'
- An observing self
- A dreaming brain

Step 3. Reflect and Discover

Take one of the needs that you feel could be worked on and ask yourself these questions...

1. What number would I like that need to be at?
2. What would it look like if I achieved it?
3. What's happening currently? (3 things)
4. What impact is it having? (3 things)
5. What could I do about it? (3 things)
6. What will I do about it? (1 thing)
7. When will you start?