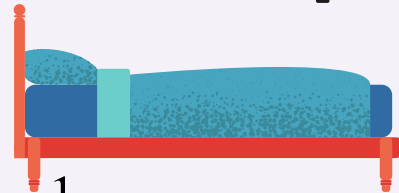
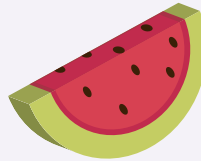
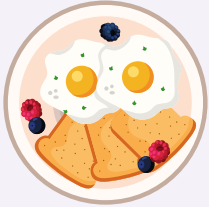


# Human Needs for Optimal

## Growth/Survival:



Besides the basic needs for survival most of us think of, such as water, air, shelter, clothing, protective sanitary measures etc.



human beings have 2 crucial

needs:

**AUTHENTICITY**

**&**

**ATTACHMENT**

## AUTHENTICITY

- The need to know who we are (what we like & don't like, how we are feeling etc.) & to be our own self.
- To express our dreams, goals, values & creativity.
- To have autonomy.
- The relationship we have with our own body/self.
- Without authenticity one can't survive, because being in touch with our body is needed for survival.

## ATTACHMENT

- Need for closeness/touch & proximity with another human for the purpose of being taken care of.
- The need for connection
- The need to be loved by someone & to love someone
- The need to belong
- The need for consideration
- The need for emotional safety
- The need to be respected
- Without attachment, one can't survive.