

Some Important Human Needs
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1. To have one's basic human needs met for food, drink, shelter, clothing, and other physical requirements for survival.
2. To have one's needs met for emotional and psychological security.
3. To have one's needs for belongingness and acceptance satisfied.
4. To feel that one is perceived by others as a worthwhile person, and to perceive oneself as a worthwhile human being.
5. To feel that one is being treated fairly and in an equitable manner.
6. To feel that there is a prospect of being able to improve the quality of one's life.
7. To feel that one is free to make some decisions without interference from others.
8. To feel that one is growing and making progress in the direction of some desired goal.
9. To have the sense that one is engaged in some worthwhile and significant activity.
10. To feel that one's values and opinions are perceived as relevant and significant by others.