

What Do Humans Need?



lesson two
Heart-to-Heart

What do humans need to survive?

What do humans need to thrive?



Survival Needs

To survive, we need air, water, and warmth, clothing, and shelter in the cold.

We need to be safe. And we may need touch in order to survive.

These are “Universal Needs” all humans need these to survive.

We humans have a drive
not only to survive
but to thrive.





This longing to thrive, not just survive, is the shared human desire to be happy.

This desire is found in our universal needs for acceptance, honesty, and trust; for love, companionship, friendship, and fun; for nurturing, respect, for freedom, to know we matter, and many other longings of the human heart.

**These Universal Needs
Related to Thriving May
Also Be Called:**

- Our heart's desires
- Our heart's longings
- Our values
- What is important to us.



Strategies

A “strategy” is one way we choose to meet a need or heart’s longing.

For every need, there are thousands of strategies for meeting it.

Sometimes we confuse a need with a strategy to meet a need.



For example, a person may say, “I need you to go to the movies with me tonight.”

The person’s need may be for fun or friendship. The strategy they are choosing is to invite one specific person to go to the movies this night.

The truth is, there are *many ways* to enjoy friendship and fun. Focusing on only one strategy can limit our vision and sense of choice.

For more information contact



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