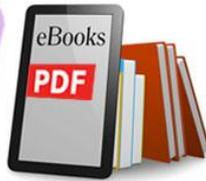




STRAIGHT
talk
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6 Human Needs: Understanding What Your Partner Needs From You

What do we get if we are supported in all 6 needs? An unbreakable connection of love!

- 1. Certainty** - *The need for safety, security, comfort, order, consistency and control*
Filling the primal human need for certainty means finding and creating a sense of centeredness and control. Today, we are looking for certainty in more places than we ever have before; be it with friends/family, food, alcohol or TV shows - we want to feel certain, to feel positive emotions, or to avoid painful ones. There is always that ancient part of our brains that thinks there may be danger present. Our modern fight or flight reactions are triggered by new stressors - like money. However, the problem with too much certainty is that things can become familiar and routine, and ultimately boring.
- 2. Variety** - *The need for diversity, challenge, change, surprise and spice*
That is where we suddenly feel that we need to become spontaneous in our relationship! We need something that provides a challenge, or that spices things up. From time to time, we need to experience new sensations and feelings that we never could have imagined. However, with too much variety there can be a build up of uncertainty that leads us into a spiral of insecurity.
- 3. Significance** - *The need for validation, meaning, feeling needed, special and cherished*
In an intimate relationship we crave for the need to feel that we are significant, that we are very important to our partners. We need validation that we come first with our partners. In fact, we do a variety of things to become significant: Be it in looking nice for our partners, or even sometimes testing our partners to see if they respond to us. We may not need to have this feeling met all the time, but in those moments where we really need their fullest attention, such as after having a bad day, or event.
- 4. Love/ Connection** - *The need for connection, communication, intimacy and feeling loved*
In order to fulfill our natural instincts as social animals, we have a regular need to connect with our social network and to feel love - especially from a partner. A love connection occurs when two people establish a desired commonality (Love maps), and are happy to maintain a chemical (physical) and emotional bond.
- 5. Growth** - *The need to develop emotionally, intellectually, spiritually, mentally*
In order to thrive, we must grow. This need for growth is focused on oneself, first and foremost. In leading through example, and taking it upon ourselves to be better in order to serve others. Then one day being able to turn back and contribute onto others by paying it forward. Growth is not just about overcoming challenges, but allowing ourselves to be real, to be imperfect and to find authentic ways to share what we learn with others.
- 6. Contribution** - *The need to give, care, protect beyond ourselves, to serve others*
Contribution comes from a fundamental yearning to have our lives mean something, to make a difference, to give or bring something to the world that continues to benefit others when we are gone. Our need for Contribution can be fulfilled in a massive variety of ways, from launching a foundation, or volunteering to support a cause we believe in, to simply pausing from our busy day to smile, hug or help someone in need

****If your partner is able to give you all of these needs then you would be hard pressed to even think of leaving them, right?***