

Tim Fletcher's 12 Basic Needs

Our brains are wired for love and pleasure. I use these to see where my life is out of balance so I can adjust and fulfill my basic needs. Note= It is impossible for one person to fulfill all our needs. They must get met from multiple sources. Our health and happiness is our responsibility.

1. Pleasure

- a. 4 positive hormones we are designed to experience every day, multiple times per day
 - i. produces a positive limbic brain experience from external or internal stimuli
 1. dopamine- makes us feel good, excitement hormone
 2. serotonin- reduces depression, helps us relax
 3. endorphins- makes us feel happy
 4. oxytocin- the love potion
- b. 1 main stress hormone- beneficial in proper measure- harmful when out of balance
 - i. cortisol
 1. stress is an indicator that is supposed to cause us to respond and reduce it
 2. we ignore it and plow through causing dis-ease
 - ii. brain cannot relax if we have unresolved problems that keeps our cortisol high

2. Physical Needs

- a. Food-living food or dead packaged food
- b. water-clean or chemical city water
- c. shelter-safe, dry, uncluttered and clean
- d. sleep-quality, quantity
- e. exercise- feeds the mind, emotions and spirit
- f. hunger and malnutrition exist in the physical body, emotional soul, and spiritual mind

3. Sex- the one need we could live without but is a major drive for most people.

- a. our innate design is to be fruitful and multiply
 - i. we have boys and girls for a reason-to come together and make more
 - ii. this should not be overlooked or neglected if it is important to one or both parties in a partnership
- b. hormone imbalances affect our drive
- c. exhaustion or unhealed trauma affects our willingness

4. Relationship

- a. attachment to self, others and God
- b. Authenticity- just to be me
- c. Belonging
- d. Being Present
- e. Communication
- f. Trust
- g. Commitment
- h. Truth- honesty, no secrets
- i. Intellectual Intimacy
- j. Emotional Intimacy
- k. Spiritual Intimacy

5. Love

- a. Respect
- b. Acceptance
- c. Validation

- d. Positive self- identity
- e. To be understood- someone "get's me"- we take time to know each other
- f. Nurture
- g. Empathy
- h. Encouragement
- i. Forgiveness
- j. Tenderness and gentleness= firm but soft
- k. Healthy motives- good will towards others
- l. Humility

6. Security

- a. Safety/ protection
- b. Provision/ money
- c. Justice
- d. Healthy boundaries
- e. Routine healthy habits
- f. Consistency-exhaustion affects behavioral consistency
- g. Guidance
- h. Emotional regulation

7. Purpose

- a. work or career
- b. service to others or to animals
- c. learning

8. Rest and quiet time

- a. play and fun
- b. balance between work and rest
- c. self -care
- d. healthy escapes- music, hobbies, travel
- e. vacation- hassle free downtime

9. Beauty- creates a positive limbic brain experience

- a. nature / animals
- b. art, music, travel
- c. need to explore- discover new things

10. Awe- Sense of wonder- something bigger than ourselves

- a. goose bump experiences
- b. meditation
- c. gratitude - practicing it from the inside out

11. Spiritual

- a. healthy values
- b. healthy beliefs about happiness or success
- c. healthy attitude: humility, empathy
- d. connection to a higher power
- e. healthy thinking- no stinking thinking
 - i. evaluate your complaints and make their solution your goal

12. Contentment

- a. peace, satisfaction, serenity, wholeness
- b. joy
 - i. meeting the needs consistently produces contentment
 - ii. unmet needs produce discontentment