**Our Human Needs Checklist**

This is a basic checklist of human needs. Most of us need most of these elements in our lives most of the time. People who have been mistreated, especially early in life, often struggle to know what exactly they need. The purpose of this list is to help people identify their needs and perhaps work on trying to meet their needs safely.

Check off (✓) any needs that are being met and star (★) any needs that are not yet being met. (Use the extra spaces to add any special needs that are important to you.)

### Physical Needs
- physical safety
- physical protection
- rest and replenishment
- sleep
- nutrition
- safe housing
- privacy
- clean water
- clean air
- physical activity
- physical intimacy
- predictability and consistency

### Emotional Needs
- emotional safety
- emotional protection
- respect
- safe social connections
- personal time for enjoyment
- self-awareness
- emotional intimacy
- autonomy
- stimulation
- equal treatment
- sense of security
- attention (given and received)
- consistency
- sense of belonging, unity
- sense of significance within a group
- meaning and purpose
- sense of competence and achievement
- freedom to imagine and create
- acceptance of oneself by self and others
- participation

### Resources
- Gift From Within. Peer-run website [http://www.giftfromwithin.org](http://www.giftfromwithin.org)
- Male Survivors. Male-specific focus [http://www.malesurvivor.org](http://www.malesurvivor.org)
- Service Women’s Action Network (SWAN). Female veterans [http://servicewomen.org](http://servicewomen.org)
- Rape, Abuse & Incest National Network (RAINN). [https://www.rainn.org](https://www.rainn.org)
- California Center of Excellence for Trauma Informed Care. [http://www.trauma-informed-california.org](http://www.trauma-informed-california.org)

### Reference

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Checklist developed by Rosy He and Gabriella Grant, 2015