

The Sixteen Basic Desires and Needs

Imagine that you are in charge of the universe and, due to budget cuts, you have to eliminate some of the 16 Basic Desires and Needs.

Start by eliminating 3 of the needs and then answer the following questions:

1. What made it easy for you to eliminate those initial 3 needs?
2. Now, due to more budget cuts, eliminate an additional 5 needs. Compare with a friend.
3. Now, due to more budget cuts, eliminate an additional 5 needs, leaving only 3 total. What made that difficult? Are you surprised about what is left or does it fit?
4. Compare your final three with other students. What stands out to you?

<p>Acceptance The desire for positive self-regard and acknowledgement from others that we've done well.</p>	<p>Curiosity The desire to understand and seek out new and interesting knowledge.</p>	<p>Eating Well The desire for eating high-quality, healthy, great-tasting food.</p>	<p>Family Time The desire to raise children and to spend time with siblings.</p>
<p>Honor The desire for upright character and high moral standards.</p>	<p>Idealism & Charity The desire for social justice and equity and to help others and the entire world in a meaningful way.</p>	<p>Independence The desire for self-reliance and making one's own choices, rather than being governed by others.</p>	<p>Order The desire for structure and standards as well as balance and neatness in one's own life.</p>
<p>Physical Activity The desire for muscle exercise and activity and regular participation in such activities.</p>	<p>Leadership & Influence The desire to positively influence others or to hold a meaningful position of leadership.</p>	<p>Romance & Intimacy The desire to have beauty, interact with beautiful people, and have enjoyable sexual experiences.</p>	<p>Saving & Providing The desire to collect and save with meaning and purpose.</p>
<p>Social Contact The desire for peer companionship and enjoyable social interactions.</p>	<p>Recognition for Being Unique & Valuable The desire for respect and for recognition for personal uniqueness.</p>	<p>Peace/Tranquility The desire for safety, health, well-being, and peace, especially in a comforting environment.</p>	<p>Justice The desire to confront those who offend and to achieve justice through fairness and retaliation.</p>