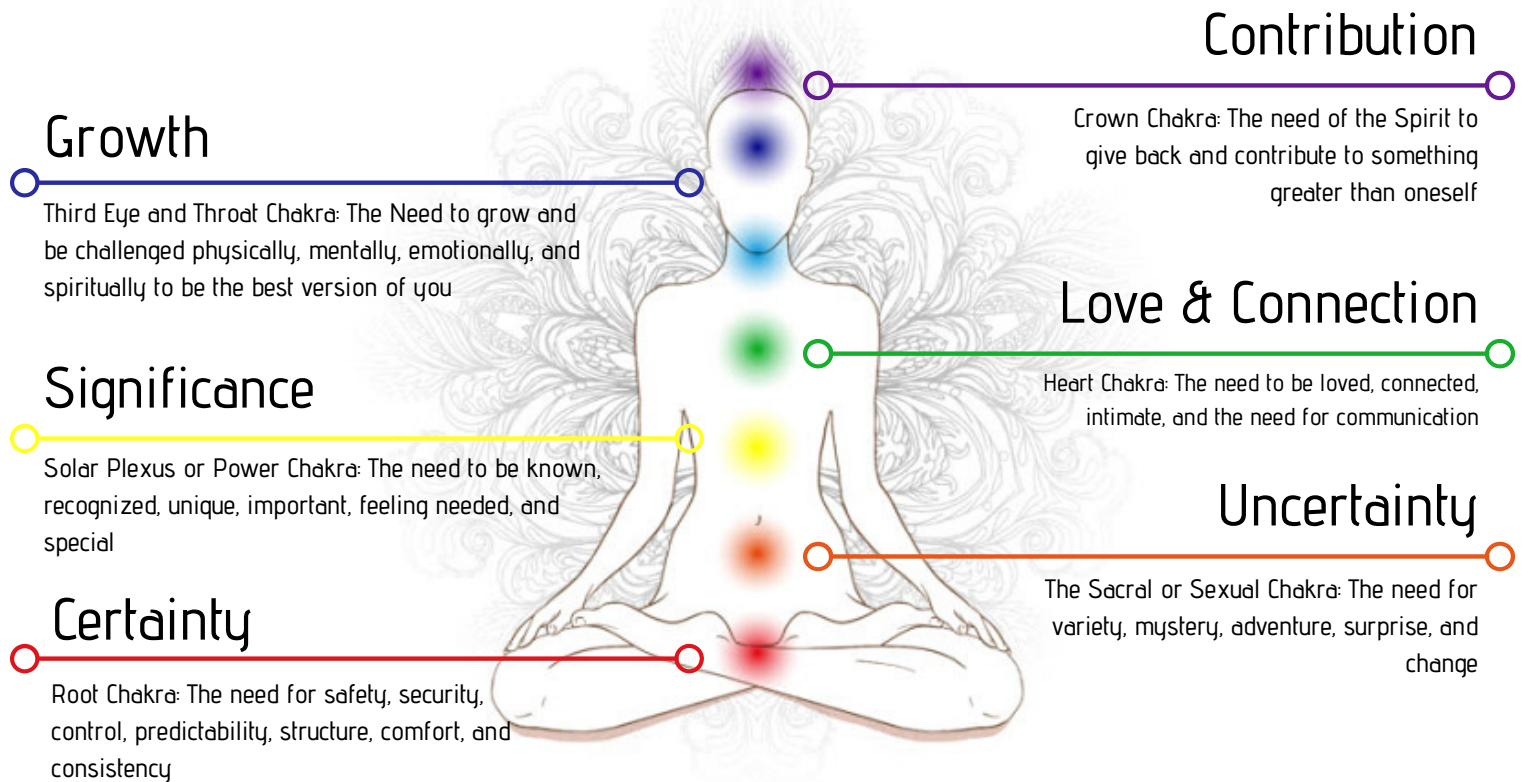


Life Long Love Academy

6 Human Needs

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Self-Sabotaging Behaviors In Love and Relationships

Why might you think we are exploring the 6 human needs? It is the very foundation upon which we make decisions in our daily lives. We as a human species are hardwired to get all of these needs met. It doesn't matter where you grew up, the color of your skin or your socio-economic status. No matter what, you as a human are driven to get these needs met in positive, neutral or negative ways. The difference between us is that while we all will get these needs met, we might value these needs differently. If we want to create a transformation in our life, then we want to consider approaching life differently, which would include opening the lens of perspective on how we prioritize getting our needs met. For example, a person who values certainty over growth would approach dating and love very differently than one who values growth over certainty.

