

# Life Long Love Academy

## The Shadow and the Light of the Six Human Needs



Each human need has a shadow and a light side, said differently a benefit and a consequence. Make a list of the positive and negatives aspects of how you are getting your needs met for each human need. Consider how these relate to your intimate partnerships and relationships. What do you do? How do you behave? How do you engage with another?

**EXAMPLE: Certainty: What are the ways you get certainty met?**

**Positive:** I plan everything

**Negative:** If things don't go as planned, I get anxious and blame others

	Positive	Negative
Certainty		
Uncertainty		
Significance		
Love & Connection		
Growth		
Contribution		



