

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

- | | |
|---|---|
| <input type="checkbox"/> physical safety | <input type="checkbox"/> clean water |
| <input type="checkbox"/> physical protection | <input type="checkbox"/> clean air |
| <input type="checkbox"/> rest and replenishment | <input type="checkbox"/> physical activity |
| <input type="checkbox"/> sleep | <input type="checkbox"/> physical intimacy |
| <input type="checkbox"/> nutrition | <input type="checkbox"/> predictability and consistency |
| <input type="checkbox"/> safe housing | <input type="checkbox"/> |
| <input type="checkbox"/> privacy | <input type="checkbox"/> |

Emotional Needs

- | | |
|--|---|
| <input type="checkbox"/> emotional safety | <input type="checkbox"/> attention (given and received) |
| <input type="checkbox"/> emotional protection | <input type="checkbox"/> consistency |
| <input type="checkbox"/> respect | <input type="checkbox"/> sense of belonging (unity) |
| <input type="checkbox"/> safe social connections | <input type="checkbox"/> sense of significance within a group |
| <input type="checkbox"/> personal time for enjoyment | <input type="checkbox"/> meaning and purpose |
| <input type="checkbox"/> self-awareness | <input type="checkbox"/> sense of competence and achievement |
| <input type="checkbox"/> emotional intimacy | <input type="checkbox"/> freedom to imagine and create |
| <input type="checkbox"/> autonomy | <input type="checkbox"/> acceptance of oneself by self and others |
| <input type="checkbox"/> stimulation | <input type="checkbox"/> participation |
| <input type="checkbox"/> equal treatment | <input type="checkbox"/> |
| <input type="checkbox"/> sense of security | <input type="checkbox"/> |

Resources for Survivors

Gift From Within. PTSD focus. <https://www.giftfromwithin.org>

Male Survivors. Male-specific focus. <https://malesurvivor.org>

Service Women's Action Network (SWAN).

<https://www.servicewomensactionnetwork.org/pages>

Rape, Abuse & Incest National Network (RAINN).

<https://www.rainn.org>



Trauma
Informed
California

www.trauma-informed-california.org