

6 HUMAN NEEDS QUESTIONS AND ANSWERS

1. What are the six human needs?

The six human needs, introduced by Tony Robbins, describe the fundamental drivers behind human behaviour. These needs influence how individuals prioritise decisions and actions to create fulfillment in life. They include:

- A. Significance: The need to feel important, special, and recognised.
- B. Certainty: The need for safety, security, and stability.
- C. Variety: The need for adventure, change, and excitement.
- D. Love and connection: The need to feel loved and connected with others.
- E. Growth: The need for personal development and learning.
- F. Contribution: The need to give and serve others.

2. What is the human need for significance?

The need for significance is the desire to feel important, special, or recognised. This can manifest through achievements, possessions, or acknowledgment from others. For example, someone might seek significance by owning a unique car, wearing certain jewellery, or being first in line. If this need is unmet, individuals may express frustration or anger to draw attention and regain their sense of importance.

3. How does the need for certainty impact behaviour?

Certainty refers to the need for safety, security, and stability. People with a strong need for certainty seek predictable environments and reassurance from others. If this need is unmet, they may withdraw into their comfort zones or experience anxiety. At its extreme, it can manifest as obsessive behaviours to maintain control over uncertain situations.

4. What is the need for variety, and why is it important?

Variety, or adventure, is the need for change, excitement, and unpredictability in life. It balances the need for certainty and prevents boredom. Individuals with a strong need for variety may seek thrilling activities, travel, or new experiences. Without variety, relationships and routines can feel stagnant, reducing passion and enthusiasm.

5. How do love and connection influence human behaviour?

Love and connection are about the need to feel emotionally bonded with others. While the deeper need is for love, people often settle for connection. This manifests in relationships where individuals seek closeness, understanding, and care. People with this need often prioritise the well-being of others and may struggle with feelings of being unloved if their efforts are not reciprocated.

6. What distinguishes the needs for growth and contribution from the other four needs?

Growth and contribution are considered higher-level needs. Growth is the desire to learn, develop, and expand one's abilities. Contribution focuses on giving and serving others selflessly. Unlike the other needs, which often center on personal fulfillment, these needs lead to deeper meaning and satisfaction by focusing on self-improvement and positively impacting others.

7. Can the six human needs cause conflicts in relationships?

Yes, conflicts can arise when individuals prioritise different needs. For example, one partner may value certainty and routine, while the other craves variety and adventure, leading to misunderstandings. Harmony in relationships often comes from shared needs or the willingness to understand and respect each other's priorities.

8. How can understanding the six human needs improve personal and professional relationships?

By recognising which needs drive your behaviour and those of others, you can build empathy and adapt your approach to meet their needs. For example, making someone feel significant or providing a sense of certainty can strengthen rapport in relationships and encourage collaboration in professional settings.

9. Where can I take the quiz to discover my primary human need?

If you're curious to uncover which of the 6 Human Needs drives your decisions and behaviours, Tony Robbins offers a Driving Force Quiz designed to help you identify your dominant need. This quick and insightful quiz will guide you toward a deeper understanding of what motivates you and how it shapes your life.

You can take the quiz here, https://core.tonyrobbins.com/driving-force-6/?_gl=1*r72jum*_gcl_au*MTcwOTMyMTA5My4xNzM0MzlyNjI2

By knowing your primary need—whether it's Certainty, Variety, Significance, Connection, Growth, or Contribution—you can make more informed choices that align with your true self.