

# Most Critical Human Needs

In order to find meaning, purpose, significance, relevance, and/or status in any relationship, people must perceive themselves as being:

**UNDERSTOOD** Listened to, not just heard.

**ACCEPTED** Taken seriously for what they feel and perceive as a person.

**AFFIRMED** Genuinely needed to play an important contributing role in the lives of others.

These needs should be met in childhood and become compulsive by 13-14 years of age for most human beings. They remain major issues throughout adulthood.

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