

# The Universal Needs Tree

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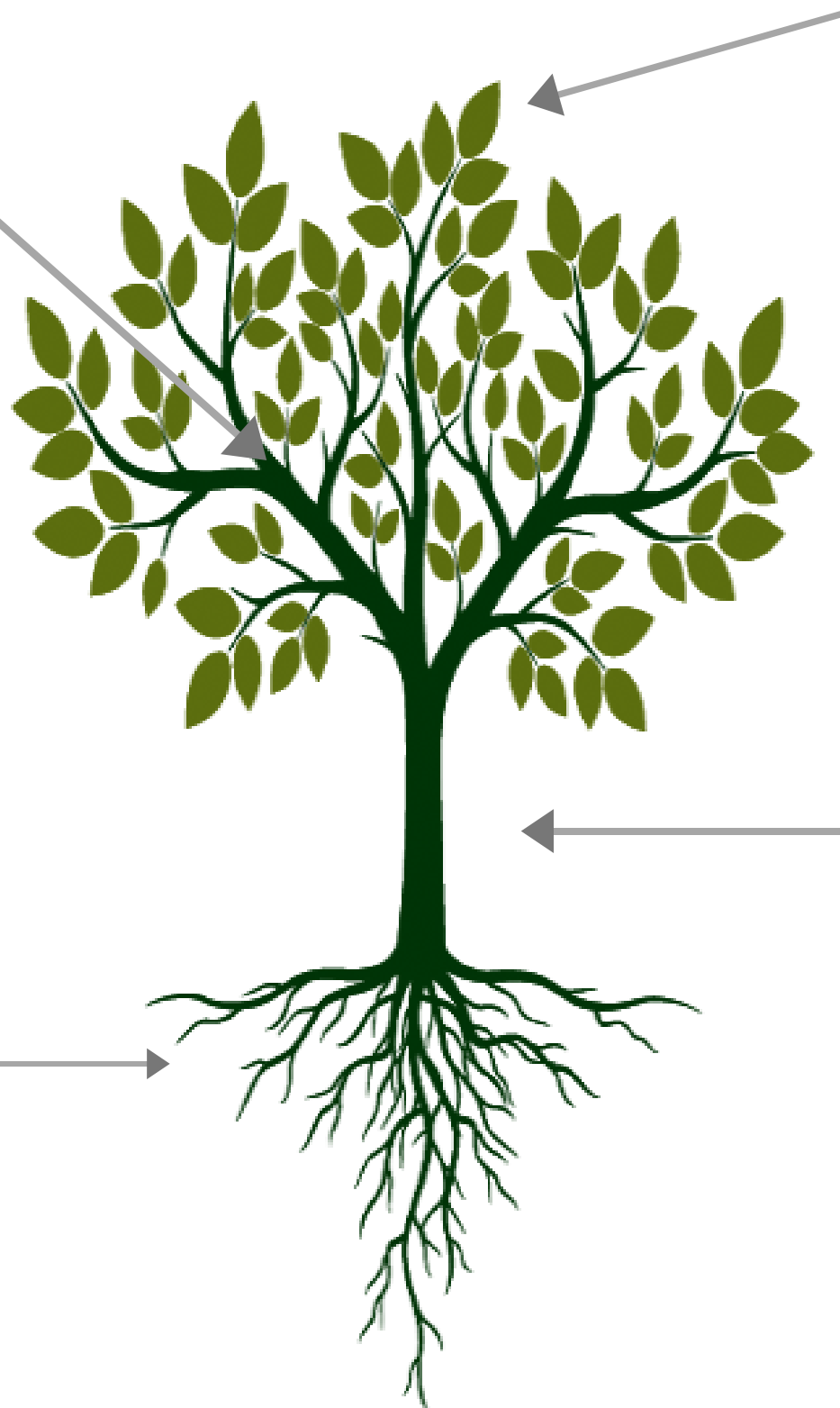
Our 12 Universal Needs, the needs of the individual, fall into 4 groups:

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## 3. The Branches

### **Your Expansive Needs**

Your expansion and interconnection: The needs that relate to inviting new experiences, changing, growing and interacting with the world around you.  
(3 needs)



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## 4. The Leaves/Fruit **Your Enriching Needs**

Your journey deeper: The needs that relate to wholeness, integration of all aspects of yourself and deepening your experience of yourself and of life.  
(2 needs)

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## 2. The Trunk

### **Your Intrinsic Needs**

Your core: The needs that relate to your internal wellbeing, including the needs connected to your emotional health, sense of value/worth, internal empowerment.  
(4 needs)

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## 1. The Roots

### **Your Survival Needs**

Your foundation: The critical needs that support the whole tree, including those required to function as a human being, and relating to security and connection.  
(3 needs)

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And the WAYS we meet these 12 Universal Needs sit somewhere on the red-green spectrum

## Red

### **Spectrum Ways**

Disempowering,  
Unhealthy,  
Draining



## Green

### **Spectrum Ways**

Empowering,  
Healthy,  
Fulfilling