

FUNDAMENTAL NEEDS OF ALL HUMANS

Manfred Max-Neef, with Colleagues Antonio Elizalde, Martin Hopenhayn. (1989)

Need	Being (qualities)	Having (things)	Doing (actions)	Interacting (settings)
Subsistence	Physical and mental health	Food, shelter, work	Feed, clothe, rest, work	Living environment, social setting
Protection	Care, adaptability, autonomy	Social security, health systems, rights, family, work	Co-operate, prevent, plan, take care of, help	Living space, social environment, dwelling
Affection	Self-esteem, respect, tolerance, receptiveness, sensuality, sense of humour	Friendships, family, partnerships, relationships with nature	Share, take care of, make love, express emotions	Privacy, intimacy, home, spaces of togetherness
Understanding	Critical capacity, receptiveness, curiosity, astonishment, discipline, intuition, rationality	Literature, teachers, method, educational policies, communication	Investigate, study, experiment, educate, analyse, meditate	Settings of formative interaction, schools, universities, academies, groups, communities, families
Participation	Adaptability, receptiveness, willingness, determination, dedication, sense of humour	Rights, responsibilities, duties, work	Cooperate, propose, share, dissent, interact, agree on, express opinions	Settings of participative interaction, parties, associations, churches, communities, neighbourhoods, family
Leisure	Curiosity, receptiveness, imagination, tranquillity, spontaneity	Games, parties, events, peace of mind	Daydream, brood, dream, remember, relax, have fun, play	Landscapes, surroundings, places to be alone, free time
Creation	Intuition, imagination, boldness, curiosity, inventiveness, autonomy	Abilities, skills, techniques, work	Invent, build, design, work, compose, interpret	Spaces for expression, productive and feedback settings, workshops, cultural groups, audiences
Identity	Sense of belonging, consistency, differentiation, self-esteem, assertiveness	Symbols, language, religion, habits, customs, reference groups, sexuality, values, norms, historical memory, work	Get to know oneself, grow, confront, decide on, recognise oneself, actualise oneself	Places one belongs to, everyday settings
Freedom	Autonomy, self-esteem, passion, assertiveness, open mindedness, boldness, rebelliousness, tolerance	Equal rights	Dissent, choose, be different from, run risks, develop awareness	Anywhere

Satisfiers (ways of meeting needs)

Violators: claim to be satisfying needs, yet in fact make it more difficult to satisfy a need. E.g. drinking a soda advertised to quench your thirst, but the ingredients (such as caffeine or sodium salts) cause you to urinate more, leaving you less hydrated on net.

Pseudo Satisfiers: claim to be satisfying a need, yet in fact have little to no effect on really meeting such a need. For example, status symbols may help identify one's self initially, but there is always the potential to get absorbed in them and forget who you are without them.

Inhibiting Satisfiers: those which over-satisfy a given need, which in turn seriously inhibits the possibility of satisfaction of other needs. Mostly originating in deep-rooted customs, habits and rituals. For example, an overprotective family stifles identity, freedom, understanding, and affection.

Singular Satisfiers: satisfy one particular need only. These are neutral in regard to the satisfaction of other needs. They are usually institutionalized by voluntary, private sector, or government programs. For example, food/housing volunteer programs aid in satisfying subsistence for less fortunate people.

Synergistic Satisfiers: satisfy a given need, while simultaneously contributing to the satisfaction of other needs. These are anti-authoritarian and represent a reversal of predominant values of competition and greed. For example, breast feeding gives a child subsistence, and aids in the development in protection, affection, and identity.

https://en.wikipedia.org/wiki/Fundamental_human_needs