

The Witch Notice

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Now that we're finished with the bad guy notice, let's learn about the six human needs.

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Understanding a Man's Needs: The Basics

Hello there Beautiful Lady ☺

Welcome to my e-book on understanding a man's needs. As the title suggests, the tools in this book are only a beginning. I'm in the process of creating more programs and courses to show women how to understand and meet a man's needs. Not only this, but my future products will delve even more in to why men behave the way they do, what you can do about it, and how to INFLUENCE your man of interest. When I say influence, I don't (as you may already know) seek to teach women to manipulate.

Influencing a man is about understanding him and yourself enough to have the ability to produce a better relationship or situation for both of you. These strategies will apply whether you're single or taken.

I also don't take **your time and energy lightly**. The fact that you've trusted me to pick up this book means a lot to me, and I promise to give you only the very best I have. I have dedicated many long hours to giving you the best resources, and I've included much more than what is in this book on my website.

<http://www.TheFeminineWoman.com>

If you want to understand men better, improve your relationship or even learn to attract the man of your dreams, you're more than welcome to browse my blog and seek out the

answers to your questions. If you haven't subscribed to my email list, you're welcome to and I will reward you for your loyalty.

I respect the fact that you want more, and that you're willing to grow and learn. So, in this e-book I will be going through **the 6 human needs** and how you can use them to better your relationship, or if you're single, you can use your knowledge of them and how they work to attract the man you want, fulfil his needs, and possibly even get the man you want the most to ask you for a date 😊

I must also say that, there is **much more** to understanding a man's needs; however, the following ideas and understanding I'm going to share with you in this book will give you a fantastic starting point!

Anyway, enough of my chitter-chatter, Let's get in to it!

What Are THE 6 HUMAN NEEDS?

The 6 human needs¹ provide a set of guidelines through which we can understand **why people do the things that they do**.

The idea is not to categorise people or stereotyping individuals. That's not it at all! The 6 Human Needs is a framework in which we are able to understand ourselves and others at a much deeper level. When we are able to understand our own actions as well the actions of others, it brings us a sense of **empathy and understanding**, which ultimately leads to a **deeper** and **richer** sense of connection with everything and everyone around us.

In the present, we are aiming towards a greater understanding of a man's needs, and ultimately: **why they do what they do!** The reason I start with **understanding** is because understanding gives you a sense of freedom in relationships, as well as a feeling of capability – within yourself, to be able to change things, make them better or take action. If you understand something – it no longer seems as daunting, hopeless, and problematic.

Sometimes men do weird things, right? Things that make you think: “what?! Where did that come from? Why does he have to do that?!” And sometimes, they do things that we

¹ The 6 human needs are a framework created by the Peak Performance Coach and Motivational speaker Anthony Robbins. We do not seek to take credit for these – but merely to use them to take our understanding of men to a much deeper level.

may feel we'll never understand at all. Not to mention that sometimes they do things that make you downright angry, or sad.

It may sometimes seem like men are from a different world – and yes, the masculine energy does operate differently to the feminine energy; and that is something I'll help you understand in a later product I'll compile about the masculine energy.

Well, the good news is that with the outline of the 6 human needs we will definitely be able to work out at the very least - the general ideas and reasons behind why men do the things that they do.



What makes one man assault and bash a stranger, while another may risk his life saving a stranger? How did extraordinary characters such as Nelson Mandela or Ghandi come about? Why do some men stand around and do nothing when they're needed or in an emergency? And on the other hand, what makes another man so chivalrous and heroic?

Why is one man able to feel happy and satisfied with one lovely lady for life, whilst another feels the need to sleep with anything with legs? And, why do some men appear

so compassionate and understanding, whereas others seem like they **won't listen to a single thing you say?**

And, why are some men so judgmental or oppressive?

Regardless of where you live, where you work, what's happening in the world around you – or how 'different' you feel **you** are to everybody else (and we all are most definitely a unique soul), the 6 human needs show us that there is a universal set of needs that are the basis and the reason for the things that humans do. And, they show us why we do even the things that we think are **“just who we are”**.

And, if you ever ask a man why he does something from now on – whenever he says “it's just who I am”, or “it's just what I'm like”, or “I'm like that, deal with it” you will know now, that it's never ‘Just who’ somebody is, or “just what” they're like. It's that they value a certain set of needs over others.

Of course there are many other aspects of understanding how a man operates. The 6 human needs are a basic set of tools that you can use as a frame of reference to understand the behaviour of men (and women, too of course).

The 6 human needs show us that regardless of our religion or background, all humans are driven by a primary set of needs. It doesn't matter if you're a Top CEO of a multinational company, or homeless - these 6 Human Needs come into play, and

by the end of this book, you will have learnt how these needs will determine our choices in life.

I'm going to talk about the 4 primal human needs first, and then move on to the 2 spiritual needs after that.

Just keep in mind, the first 4 primal human needs are **absolute NEEDS**, which means they need to be **MET** at all times. Whether we meet them through positive or negative channels - we are always meeting these needs.



Let's get in to them...

The First Four Primal Human Needs

At all times, these needs are being met to some extent.

For example, someone or something in the environment may trigger you to lose your need for **certainty**, as a result, you may get angry, you may focus on what **does** give you **certainty** in your life. You may ask thousands of questions to find out the truth and be certain of the truth.

There are endless ways in which you can meet these needs, the challenge for all of us is to find empowering ways to need these needs, and not destroy ourselves in the process.

It's possible to build the tallest building to feel **significant**, and it's also possible to tear down all the other buildings to feel **significant**.

So as you work through the first four human needs, start thinking about how you meet these needs on a daily basis...

First Need - CERTAINTY

The need for certainty is about being sure of one's most basic needs. These include food, shelter, and all the necessities to remain comfortable. If a person cannot get access to basic resources, they may seek a feeling of certainty through religion or positive thinking.

A person may meet their needs for certainty through rules, staying stagnant/not doing much, etc.

This is similar to the basic needs in the Maslow Hierarchy of Human Needs.

An example would be...if you thought that the **floor underneath you right now is about the collapse**, then you'd probably stop reading this book! You would want that certainty that you will be safe and comfortable before recommencing reading.

The need for certainty also involves a human being's feeling of their capability to create or eliminate pain in their lives, and the ability increase pleasure. Every step we take in life, it is either for **more pleasure** (or perceived pleasure) or to **avoid pain** (or perceived pain...such as the possibility of a spider jumping out at you, not that it's very realistic!)

There are contradictions of course – for example, a person who harms themselves. It may seem strange that they are deliberately inflicting pain upon themselves, when it's a supposedly natural thing for us to avoid pain.

In truth, a person who does this is really fulfilling their other needs; the need of connection with themselves – significance (that they are unique), certainty (the certainty that they can hurt themselves whenever they wish, and certainty that they have and feel significant). Self harm also fulfils the need for variety as the person has the variety/feeling of uncertainty that they may go too far and seriously hurt themselves.

People who self-harm are escaping their psychological pain which is so much and so intense to take, and trading it for physical pain, which is only temporary and insignificant in comparison.

It's important to remember **that doing one particular thing can fulfil more than just one of our 6 human needs**. In fact, depending on the person's value system and model of the world, certain things could fulfil **all** of the 6 human needs. But I will get to that later 😊

As I mentioned above, certainty is all about security, safety, comfort and the ability to continue to survive without pain or discomfort as much as possible.

Some common ways in which a man may get certainty:

Controlling things: a man who values his need for certainty highly may attempt to control his woman, or become possessive. He may get angry often (which can also simultaneously meet his need for significance and variety). Men love to control their environment, so that they can be certain of their own safety and comfort, and the safety and comfort of their lady and/or their family.

In this society, uncertainty is everywhere. Change occurs so fast in this digital age that it can sometimes be difficult to find certainty in life. This makes it easier for men to stop pursuing their dreams and goals.



Some women have trouble with a man who lacks clarity of purpose/ambition. A woman may want a man to aim for more, and be more driven, as after all, it's good to have a man who wants more from life. The man who values certainty highly may have trouble with ambition; and seem 'lazy' or as the widely-used term goes: 'unmotivated'.

This lack of motivation really is a learned helplessness (need for certainty). He may feel as though he isn't worthy/strong/powerful/unique enough to do a particular thing that he would ideally want to do.



A man may get certainty **through a faith** (whichever faith that may be), belief or religion. Or a set of strong beliefs. For example, the type of man that believes strongly in science-based results and won't believe in the spiritual. The man that is very matter-of-fact and "reality" focused. (Might I just say that reality is **always** subjective).

There are many other ways for a man to find certainty, but the main idea is that they have something that is consistent in their lives. Whether it is from an external source, ie controlling their relationships, finding consistency in their job etc, or from an internal source, ie. The

certainty of their own unique identity, the consistency of their own thoughts or feelings.

Here are some other ways...

- Through addictions: smoking/sex addiction/drinking/drugs/learned helplessness/depression. (Addictions give a great sense of certainty)
- Aggression, anger, abusing family/friends/wife/girlfriend (When you're angry, you feel instantly certain)
- Inaction, fear of the possibility of uncertainty
- Work or addiction to it
- Consistency – rituals and resistance to change or new suggestions. Eg: not wanting to move to a new place, not wanting to have his beliefs challenged, not wanting to try new things.

Second Need – UNCERTAINTY/VARIETY

All humans have a need **to change their physical and mental state**.

The human body needs variety, and seek to fulfil this need through a variety of ways. For example, through mood swings, travel, change of scenery, excitement/entertainment, through eating food or drinking, doing physical exercise, or physical activity, etc.

This need is quite the opposite of the need for certainty. Think about it for a second; if everything in a man's life is absolutely 100% certain, **he'd get SO bored!** We all need some variety in our lives.

I think we could all relate to this, but I'll give you an example anyway. Think about watching the same movie 20 times in a row. Or listening to the same song on repeat so many times that you never want to listen to it again. You get the idea. 😊

The thing with uncertainty/variety, is that it is often in direct conflict with our need for certainty. This gives rise to many contradictions that we may have in life. Hence, you'll find that lots of the ways a man meets his need for certainty are also vehicles through which he meets his needs for uncertainty/variety.

The man who values variety highly is often the type of man who seems like he runs on air, or seems like he has enough energy to fuel 100 men running a marathon at once. He may be an adventurer, unable to deal with calmness – always on the run, always trying new things, always wanting to be challenged and move on to the next challenge.

A man who **doesn't perceive** variety in the same sex partner may be one who cheats. Please note that, I am a firm believer of ONE partner providing the other with variety. A lot of men just don't understand that variety doesn't just come from being with many women, it can also come from one EXTRAORDINARY woman who fills him up in such a HUGE variety of ways that he cannot possibly ever be bored.

This is the kind of woman whom some people refer to as the woman who “tames” a very masculine and high-energy alpha-male (perhaps even a ‘bad boy’). Sometimes one man who wants to be with many woman can suddenly shock people by settling down with one woman. **It's all about fulfilling needs.**

Often what happens here is that, despite settling down with the one he loves, later on down the track, the man may return to his philandering ways. Everything is always new at the beginning, ensuring that there's always a lot of variety. Anything you talk about is a new topic. But after a while, this newness wears off. This is often because both spouses became too comfortable, started taking each other for granted – and, the woman didn't really KNOW, truly, what lights her man up, let alone understand it.



A woman who understands a man's most valued needs will be able to fulfil him and remain an **addiction** for this man for life (more on becoming an addiction to a man later).

Admittedly, people with a need for variety can be hard to keep up with if YOU don't value the need for variety as highly. Indeed, many women have a deeper need for certainty/security, because we need to know that we will be taken care of and that our babies/children will be taken care of too. This need goes way back in our ancestry – the need to be loved. The feminine energy has a deep need for, and seeks – love. This is

the ultimate way to expand and magnify beauty and radiance. Whilst the masculine energy needs love too – they ultimately want freedom. Anyway – we’re getting off-track.

The need for variety is all about:

Surprise (It’s all about a change in your internal state)

Excitement/Adventure

Change from the status quo.

Some quick examples of the ways in which a man may meet his need for variety:

- Use of food (excessive or not) to change one’s emotional and physical state
- Sabotaging a relationship by initiating and perpetuating fights and disagreements. Picking arguments with you or other people. Some men pick physical fights.
- Having new relationships
- Changing jobs
- Moving homes/location
- Need to travel and find new adventures

- Moving from one challenge to the next. Constantly finding new challenges
- Learning new things and growth (growth being one of the 2 spiritual needs)
- Random Aggression – assaulting or insulting random people or people that he knows

Often, the man who is a bit of a badass or breaks the law is trying to fulfil a need for variety along with certainty and significance (which is the next need I will be talking about).

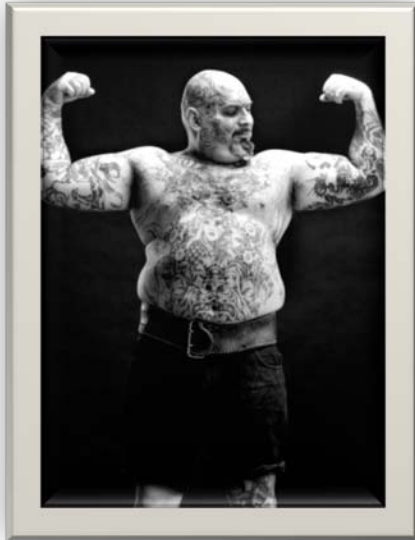
Third Need – SIGNIFICANCE

This is our need to **feel special**, and to **stand out or be unique** in some way. The recognition of this uniqueness can be met through the person's OWN recognition of themselves, or through another person's recognition of them.

The need for significance is a need to feel like you are different to others, and that you stand out in some way. Usually we can feel significant in how we dress, how we present ourselves, how we speak, our job, our passions, our hobbies, etc.

Significance can be met through separation or segregation. In other words – separating oneself from others. This is also where the need for significance can often be **in direct contradiction** to the need for love and connection. Another powerful source of contradictions in a human's life.

In relationships, if a spouse values significance highly, this can sometimes be extremely frustrating and hurtful, as it can take away the other spouse's connection and love.



Often, a confusing thing happens which women have trouble understanding: a man may want to feel connected to you and loved by you, but at the same time, he still wants to maintain his feeling of significance. Often, this can lead to those situations in which a man retreats and the woman wonders what on earth is happening, and why he won't open up to her or talk to her!

Sometimes, even though we may want a man to talk to us about our feelings, and we want him to trust us enough to do so, HE as a man, **may worry that talking about his feelings makes him less of a man;** and therefore less significant (because talking about

feelings is not encouraged in a man's world, and by being vulnerable/open, he feels like less of a man). It can also make him feel less certain, if he meets his needs for certainty this way.

This can be rectified of course – if he is absolutely sure that your opinion of him as a man won't change. Indeed, women who have had a habit of blaming or criticizing will have a hard time encouraging their man to open up. Not to worry – it's all just associations and however deep they are, they CAN be changed.

Valuing this need of significance highly is quite common for both sexes. In this twenty first century society, we're encouraged by our families to be more successful, study the best degrees, earn more money and seek more significance.

Men may seek significance in different ways to women. This is not to say the way men try to meet it won't be the same as some of the ways women may meet their need for significance, however.

From my understanding, **the biggest sense of significance for a man is for him to feel like a man.**

I cannot give you every scenario through which a man will meet his needs, which is why it's important that as you read, to take it in fully, and re-read it if you have to, until you can understand how to apply this knowledge, and understand more about why your man does (or men, if you are single) do the things that they do. Especially the weirdest things that you think are un-called for.

In the case of the woman who is single and looking – you may find that it's hard to get men to make the first move. It's true that in today's society, men are less willing to make the first move. Chivalry and manliness isn't exactly encouraged (no really!).

But luckily for you, you can now understand why they may NOT approach you. Think about it. Even if a man seems to be giving you passive signals that he might be interested, why WOULDN'T he approach you??

See, the worst thing for a man is to be judged or be rejected by a woman. Because that may mean that he is a failure! Ideally, they would be so strong and masculine that this wouldn't phase them. In fact, even if he wasn't interested, he would have that masculine resolve that makes him want to chase her nonetheless.

But, these days, women aren't always that nice, and accepting of men or their role. So, men are less likely to see what's in it for them if they approach a woman. So, what do you need to do? You need to make a quick assessment of what his needs might be at that time, and fulfil these needs.

A man in this position is likely valuing his need for certainty and significance in this moment. Especially if he is with friends. He won't want his mates/buddies to WITNESS him being rejected by a woman! Even from afar, you, as a woman, can fulfil his needs and compel him to approach you.



You could smile, and be open. Give him some certainty that you're open to him. You could use your body language to indicate that you're open to him (point feet and body towards him). These things may also fulfil his need for significance.

Ultimately, YOU are the one who will need to make the assessment of what he needs. This is definitely a skill that most women don't have.

Some quick examples of ways in which a man may meet his needs for significance:

- Through violence/aggression (That's instant significance)
- Putting other people down and not letting them have the spotlight
- Diseases or psychological/physical disorders that ties to his identity
- Having material possessions: hot cars, cool house, nice suit, nice watch, the latest and coolest set of golf clubs, revving up their cars/engines 😊
- Through higher education/study. Bachelor degrees, and then moving on to PhDs and Doctorates, etc.
- Loudness/attention seeking. Always having a comeback or opinion about everything. The man who is dogmatic and always wants to be right no matter who he is talking to (also holding to a sense of certainty).
- His accomplishments. For example, sporting accomplishments, work-related achievements, getting higher degrees, playing video games can also meet a man's needs for significance 😊, leadership, fixing things for you and his family may also help a man feel accomplished and needed.
- He may meet his needs for significance through growing levels of caring for others or having extraordinary compassion.
- A man may meet his needs for significance through his children, and having children, or having the best children (push their children to beat other kids at everything).

- The expression and showing of lack or scarcity. For example, a man may feel so incredibly insignificant that he shows the world how insignificant he is and thereby gets significance. I.e: significance through Insignificance.

The man or woman who values significance highly may find holding a relationship to be quite difficult; because they're bad at connecting with people. And bad at feeling at one with, and they may not even know HOW to connect with people, for that matter.

Valuing significance can lead one to isolation or the feeling of isolation from other people.

Some examples of men who I think value significance highly in their personal hierarchy of needs:

Donald Trump

Tiger Woods

Eminem

Indeed, the men (and women) who value significance highly, and don't always meet their need for significance through the most empowering/positive vehicles, can be very

annoying and hard to deal with. In fact, they can often be the type of person who people dislike.

However, there are many people who do value significance highly who are liked by a lot of people, and meet their need for significance through very **positive** vehicles. Donald Trump is a good example of a person who really focuses on the significance of what he does. He wants to put his name on everything!

Fourth Need – LOVE/CONNECTION

Human beings have a need to **feel connected to other humans and things**. This can be done in a whole host of ways. People can meet their needs for connection through love, or through engaging themselves with other human beings or mammals.

In the end, we all need the feeling that we're not alone in this world and that we're a part of something that is bigger than us.



People can also feel connected through angry or aggressive relations with another human being.

People can feel 'connected' through following an ideal, a belief or value system, or a personal identity. Moreover, human beings also seek to get connection with themselves!

The need for love/connection is a fundamental human need that emanates from the need to feel at one with, or feeling a part of something/**bonding** with other human beings, **or with oneself** (this is why some people like alone time, as it provides them with a means to connect with their own thoughts and feelings).



The man who values Love/Connection highly **may** be more in touch with **his feminine side**. But, just because a man has a very well developed feminine side doesn't mean that he isn't in his masculine the majority of the time. Ideally, a man would have a very well developed masculine side (which would be where he mainly lives), and he would also have a very well developed feminine side to him (but the feminine side makes up the smaller portion of his character/energy/personality).

You will also be able to come up with examples of men whom you think value connection highly in your own life, and begin to have a greater understanding. 😊

Some quick examples of ways in which a man may fulfil his needs for connection/love:

- Sex
- Any kind of intimacy
- Getting sympathy through sickness/injury. Generally, men don't actually want to appear weak/injured/sick or incapable, so even if they are, some of them may still rather act/be strong and rather suffer in silence or not want help.
- Deviance: committing crimes or negative acts (smoking, drug-taking).
- Joining gangs or cliques
- Being spiritual



- Through his relationships (with you, or with his family or friends, or pets)
- Being part of a club or creating clubs and getting others to join
- Addiction to online forums or dating sites, and chatting/social networking sites
- Addiction to online games
- Spending time within nature
- Sacrificing his own needs for others
- Painting, drawing, art, etc
- Addiction to porn

The 2 Spiritual Needs

Before I give more details about meeting the two spiritual needs, I will just say that it's possible for any human being to live quite 'comfortably' without meeting these two needs. But life would just be a series of reactions to stimuli, and without much direction nor fulfilment.

To be fulfilled in life, **these 2 spiritual needs must be met.**

A person who DOES value these two needs highly, and aims to meet these needs, is often a lot more fulfilled and happy than the person who values, say significance and certainty. The person who values certainty and significance will find it hard to let go and want to grow, because growth will usually mean some uncertainty.

Indeed, the path to absolute fulfilment and true happiness rather than just 'content' is not through the 4 needs of the personality I have just covered – it is through the last two needs.

Fifth Need - GROWTH

This is the need to continually be expanding, and becoming more. As human beings, we are either growing or on a path of demise. If we're not climbing, we're sliding backwards. As the founder of McDonalds once quoted, "**when you're green you grow, when you're ripe you rot.**"



For a human being to be spiritually fulfilled, they have to feel as though they are getting better, and that their personal abilities are increasing.

It doesn't matter what area of life we're focusing on, we always want more, richer or deeper. It's just human nature to want more from life.

A man might meet his needs for growth through furthering his knowledge, his physical and mental strength, looking for better answers, or more answers, starting businesses, focus on

aiming higher in his job/getting the better position, etc.

There are many ways in which a man might meet his need for growth. If he loves sports, he can constantly be growing/challenging himself through that. If he is more of an

intellectual, he could want to study more, read more books, keep up with current affairs, financial news, and aim for higher qualifications, and he could be an academic or a researcher.



A man could (although this is rare) fulfil his needs for growth through constantly contributing more to others; whether it be his family, friends, community, or work environment.

Anything that stops a man from remaining stagnant, but rather challenged and aiming higher is something that helps him meet his need for growth.

Sixth Need - CONTRIBUTION

Spiritual fulfilment also comes primarily from one **human being's need to contribute** to the welfare of another's. By contributing, we don't just get to feel our own love and joy, **we get to feel the joy of others as well.** It is the only way to feel deeper emotions **outside of ourselves.**



A mother and father raising their child is a huge act of contribution. A baby cannot take care of itself.

The need for contribution is quite straightforward. It's basically a human's need to give to others beyond themselves. This often involves self-sacrifice, behaviour that the general population would deem to be 'heroic', and philanthropy of any kind.

Some examples of men in our history who I think value the two spiritual needs highly:

Nelson Mandella

Anthony Robbins

Coach John Wooden

Paul Newman

Jim Rohn

Martin Luther King

Voluntary fire fighters (everyday example)

A practical example...

To show you how these 6 human needs play out in real life, I will give you a real life example.

Situation: You're meant to meet a man or your lover for dinner at 7pm. Due to unforeseen reasons, you're running unbelievably late. Your mobile is out of battery, and you cannot get access to a phone (for some reason) so you can't call him. It's now 7:45, and he's been waiting at the restaurant.

If he's certainty driven... he may have called you 324 times. He wants to know what the hell happened to you! He wants to know everything to do with why you're so late! Have you had an accident? Are you having an affair? What happened? He would have a thousand questions to ask you.

If he's variety driven... well, this would be a change for him. He would probably still be concerned for you, but he doesn't let that worry him. After all, it could have just been heavy traffic. He makes the most of his time waiting for you, reads a magazine, goes and buys you some flowers (as a surprise), or starts a conversation with a waiter at the restaurant.

If he's significance driven... how could you let him feel so unimportant, and how could you be so inconsiderate in letting him wait for so long?!?! He would probably get angry (to regain his significance), letting the anger boil until you've arrived. Then he'd let you

know how wrong you've been by letting him wait for so long! Not to mention everyone else in the restaurant now knows that he'd been waiting for you for way longer than he planned.

Anger is a very, very common way to regain one's significance (and certainty). If he is significance driven, some men may even not bother to call after the half an hour (7.30pm) mark – and left, thinking why the hell would he wait if you don't bother turning up on time or calling (not even thinking something may have happened to you).

By leaving, he can feel regain his own significance that he may feel was taken away from him.

If he's connection/love driven... then he most likely would have called you to make sure you were ok, and maybe left a message. He would care about your well being, and he would be very concerned but knows that he cannot control when you will show up. Instead, he may start speaking to other patrons, read something, bought some movie tickets for the both of you, or just simply kept himself occupied.

If he's growth driven... he knows that this is just another challenge for him to step up to. He tries to contact you but when he's unable to, he focuses on how he could make the relationship better because of this inconvenience. He's always striving for more, wanting to know what more he could do to make things better. Or instead he could also just sit down and focus on growing his business/personal life.

If he's contribution driven... he certainly would have tried to call you and made sure you're ok. To contribute to you, he may have ordered your favourite meal, called another person who may know where you are to see if there's anything he could help with in this uncertain situation, gone and bought some flowers, and/or made sure things would be perfect when you arrive. Perhaps he may even contribute to others whilst you're not there yet. But primarily he'd focus on others and how he's able to help.

How to become an addiction to a man

Now, I promised you above that I would give you the secret on how to become an addiction to a man. This is something 99.9% of women will never ever realize, and once you know this – you'll be able to have and keep the man you want guaranteed. As long as you commit yourself to this:

In order to become an addiction to a man – you must fulfil 3 or 4 of his 6 human needs at a high level – (8-10 on the scale). And you must do it consistently, and in a variety of ways – and commit to filling him up.

It is best to fulfil the 3 or 4 needs highly in an order that corresponds with his most valued needs from 1-4. So, say his most valued needs are Love/Connection and Variety. You'll want to fulfil these at roughly an 8-10 as well as fulfil his next 1 or 2 most valued needs at such a high level.

Does this sound hard? It may be at first, but when you first commit to understanding him and filling him up – it will become a habit. Easy as! 😊

Understanding and interpreting a man's needs: an in-depth analysis

What needs does your man (or man of interest) value most?

Despite the fact that all humans have a need to find ways to consistently meet our needs, we all have one or two most valued needs that are at the heart of what drives us to do what we do.

So, as you read the analysis below, work out which human needs your man of interest values at the highest. Another important thing to do is to work out at what level you think you would meet these needs for him out of 10.

It would be helpful to go through these with him and ask HIM to rate how highly you meet these needs for him (if you don't think he'd be open to learning about the needs, just make an honest guess).

The 6 Human Needs and relationships:

The best relationships occur when both spouses value the same top 2 needs. A lot of relationship problems occur because the two people value different needs highly.

And, lots of (if not most) relationships meet a very painful point, and many **fail** because either one or both spouses have absolutely no clue what fills the other person up – and how to meet their needs. (Not to mention some people just don't commit to fulfilling their spouse).

More on friction in relationships....

Imagine one partner loves variety and loves to plan all sorts of adventures and holidays, yet the other partner values certainty and hates to leave the house. Can you see how this would create some **sort of friction?**

If one spouse values significance as their first most valued need, and the other values love/connection as their most valued need, this relationship will have problems. If one spouse has variety as their top need, and the other has certainty – there will be big lifestyle problems and clashes with values and wants.

If one spouse values significance and certainty, and the other values growth and contribution – you've most likely got two human beings who feel like, or think that they're both from different planets entirely.



So, you really have to be honest with yourself when choosing a partner. Don't just make yourself believe that you value the same top needs as your man because you don't want to have to break up, or lose his love.

If you both value one need as the same rather than two; that is still ok. You can still make it work. But, it is better if you both value the same top two needs.

There are other variables and determiners of what will make a great relationship, too – but I just don't have enough time to write about everything here.

You could still have a lot of chemistry with a person if the above scenario is true for you – but making a relationship or marriage work for the long-term is going to be a big problem.

I do want you to remember though; that a person's highest valued need may be in fluctuation, and may seem to change. Ultimately, however – our two most valued needs will tend to truly show up in scenarios where our characters/temper/personalities are tested, and in emergencies, or in very challenging and difficult situations.

The impact of the 6 Human Needs on your dating life or your relationship

The impact of the needs on your relationship: The idea behind this section is to work out **what needs a man is actually trying to meet through his relationship with you** (whether you're still single and flirting with him, in a long-term relationship, or married).

Work out what needs you feel that the man you're most interested in meets through your relationship/relations with him, and write them down:

Think about what your man's top two most valued needs may be:

Do they clash with yours?

Do they not?

Now, here's what I want you to do:

I want you to go through all 6 of the needs, and either talk to him about them, and tell him what you've learned, and then ask HIM at what level out of 10 you are currently meeting these needs for him.

If you don't feel comfortable speaking to him about the 6 needs yet, just make an honest, educated and humble assessment of what level out of 10 you think you meet this man's needs.

By doing this, you will get a much clearer idea of why you may be having problems in your relationship or dating.

Of course, if you choose to speak to him about these 6 needs, you should tell HIM honestly, at what level out of 10 he meets YOUR needs. 😊

It's always difficult to admit that some areas are not how they should be or how you want them to be. It's hard for anyone to admit that. But you must be honest with yourself here, because you can't improve anything **until you see what's missing**.

For most women these days, they have a great deal of trouble finding a man who will meet their need for certainty/security and/or love and connection. If you are lucky enough to have found a man who is willing to meet these needs for you, and does this actively, thank him wholeheartedly.

Important exercises:

Please do the following exercises both for yourself, and for the man of your interest.

1(a) What are your top two human needs? In what sequence?

1(b) What do you think are his top two human needs, and in what sequence?

2(a) Which human needs do you value the least?

2(b) Which human needs does he value the least?

3(a) How do you meet your need for certainty?

3(b) How do you meet your need for variety?

3(c) How do you meet your need for significance?

3(d) How do you meet your need for love/connection?

3(e) How do you meet your need for growth?

3(f) How do you meet your need for contribution?

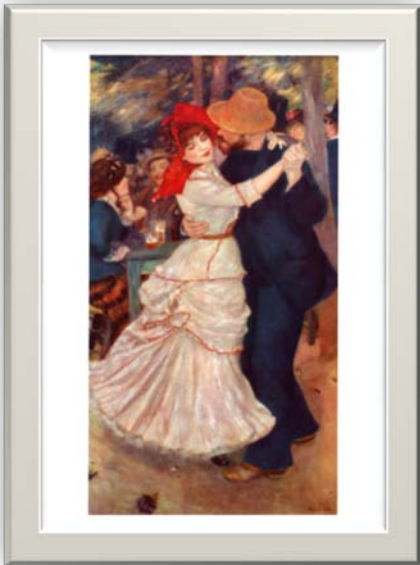
- 4(a) How does your man meet his need for certainty?
- 4(b) How does your man meet his need for variety?
- 4(c) How does your man meet his need for significance?
- 4(d) How does your man meet his need for love/connection?
- 4(e) How does your man meet his need for growth?
- 4(f) How does your man meet his need for contribution?

By understanding the specific methods and ways in which your needs and your man's needs are met, it makes it a lot easier for both of you to meet each other's needs.

This is one of the secrets to a great relationship, finding out what really meets their needs, (not what you **think** meets their needs!)

The final step/wrap up

The top two needs are the primary compelling forces behind why your man of interest does what he does, and you'll understand the choices he makes a lot better! The same goes with yourself. ☺



I hope you have enjoyed this book. It is only the beginning, as there is much more to understanding and actively meeting a man's needs.

Ultimately, the dynamics of our society have been shifted as times have changed, and with shifts in thinking, men have become confused with their role.

Relationships are breaking down faster than ever, and as everybody knows, divorce rates are higher, and the number of women who are getting left after marriage, or in their 50s when their children have grown up, is huge!

Often, their men leave them for a younger woman, but not always. I will delve in to how you can have a fulfilling relationship, and be in love for the rest of your life in near future.

You can absolutely have the man and the relationship of your dreams. There's no stopping you, if you have the right mindset, and the courage to want to understand men, and to understand yourself.

Relationships are really not easy. They are the place where we have the most fears, the most resentment, the most pain and hurt – yet, they are also the place where we can have the MOST happiness and the MOST fulfilment. Although, you won't have this unless you demand more from yourself.

This is only meant to be an introduction on the 6 human needs. Just by knowing everything in this book, you will have the tools to better your relationships and interactions with the man of your life. However, if you would like to take your learning to the next level, here is the next step. **Please click to the next page.**

Now that you understand the six human needs, it's time to learn how to use it to not just understand, **but to *influence* your man (or man of interest) as well.**

Click on the link below to find out more about the next step.



<http://www.thefemininewoman.com/influence-your-man.html>

I wish you the best of luck, and enjoy your journey on discovery of femininity and understanding a man's needs!

Renee

XxX

www.TheFeminineWoman.com