

## Scientifically Proven Innate Needs, and Primary Values that Satisfy Innate Needs

R041-aq

Academic research validates innate needs put into every human being as: relatedness, competence and autonomy. This approach has been adopted by thousands of scientists worldwide. [Cited](#) by over 150,000 Academic Research articles Richard M. Ryan, and Edward L. Deci,

“The findings have led to the postulate of three innate psychological needs—competence, autonomy, and relatedness—which when satisfied yield enhanced self-motivation and mental health and when thwarted lead to diminished motivation and well-being.”

Loquate, a not for profit, has done research on primary values that satisfy innate needs.

The Loquate **primary values** that satisfy innate needs are:

Relatedness- **Doing that which is truly in the best interests of others.**

Competence- **Attaining goals or other ends not necessarily preconceived as goals but which become goals once experienced.**

Autonomy-**Operating in an area of meaningful expansion for yourself, that is your interiorly preferred work.**

### Conclusion:

It is a natural law that all human beings are born with feelings. Our feelings tell us if we are on target, or off target, as a human being. Feelings are hardwired into the human chassis. As a computer analogy, feelings become part of our operating system.

The natural law rule of the primary values is this.

“If one or more of the primary values is present in an experience and the experience does not go against any of the other primary values, you will feel good. If the experience goes against one or more of the primary values, you will feel bad, even if other primary values are present.”

## Remarkable Convergence.

**Richard M. Ryan in a note to Jeff Liautaud, Founder of Loquate said this on 10/17/19:**

Hi again Jeff

Happy to say this: “*Reading the text you sent, I see that we share some very basic values and missions Jeff, and I loved the autonomy, competence, and relatedness themes you expressed. I see remarkable convergence with our work within self-determination theory (SDT). I especially appreciate your interest in promoting the importance of community and what I would call having the widest integrative span of care one can shoulder, and I hope SDT can be a resource in that effort. I truly hope your mission to promote communities in which one most values the common good really takes off.*”

All the best

Richard

## Community

It has been shown in many papers (see GCT pages at SDT) that the more people focus on goal content with selfish aims, like money, image, power etc., which do not directly satisfy innate needs and often crowd them out, the less happy they are—even when they attain them. The more they place value on community, the greater their well being and happiness.

Loquate’s core competence is intentional community building. Its [Smart@ groups](#) satisfy innate needs and build community. And the greatest happiness or joy occurs in villages that uphold the innate needs of all!

## [Uphold Basic Human Rights](#)

For questions, contact [Jeff@Loquate.tv](mailto:Jeff@Loquate.tv) or call 773-621-0863 or [SDT](#).