

## **Universal Human Values Assignment 2**

### **Q. Distinguishing the Needs of the Self and the Body**

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#### **Distinguishing the Needs of the Self and the Body**

The Self and the Body have distinct needs, rooted in their different natures. The Self, or “I,” is non-physical, while the Body is a physical entity. Understanding the differences between their needs is essential for balanced living.

#### **Physical Needs of the Body**

The Body’s needs are physical—food, water, clothing, shelter, and tools to sustain and protect it. These needs are temporary and periodic; for instance, food is needed at regular intervals, and clothing changes with seasons. Importantly, these needs are quantifiable and finite. We can measure the food or clothing needed, and overconsumption leads to discomfort, showing the finite nature of physical needs.

#### **Psychological and Emotional Needs of the Self**

The Self’s needs are emotional and continuous, such as happiness, respect, and love. Unlike the Body’s needs, these are ongoing and not tied to specific times. They are also qualitative, meaning they cannot be measured—respect, trust, and happiness are felt, not quantified. The Self seeks these emotional states all the time, and any disruption causes distress.

#### **Fulfillment of Needs**

The Body’s needs are met through physical facilities like food and shelter, while the Self’s needs are fulfilled through right understanding and relationships. Inner peace, clarity, and positive interactions bring happiness, not material goods.

#### **Misconception: Replacing Needs**

A common mistake is trying to fulfill the Self’s emotional needs with material possessions. While physical facilities can bring temporary comfort, they cannot provide lasting happiness or emotional well-being. For instance, wealth cannot replace the need for love or respect.