

TNT's Preparedness/Survival Needs Priority Hierarchy Pyramid

Ever wonder how on earth people prioritize all their preparedness and self-reliance needs? I mean some of them appear to be equally needed do they not?

“Without self-reliance, there is no independence.

Without independence there is no freedom.

Without freedom, there is no self.”

Anonymous

First let's cover “Needs”. These are all the “things” and or “items” required to survive a particular crisis situation. Some are physical entities, some are mental entities and some are spiritual entities.

Needs *predominately* consist of Goods (physical items), Knowledge (intellect) and Skills (application of intellect).

- **Goods:** All the consumable and reusable items. Examples include, but are not limited to: food, water, clothing, tools, seeds and fuels.
- **Knowledge:** Is the intellectual know-how to utilize the goods.
- **Skills:** Are the physical practical application of the knowledge needed to utilize all the goods.

Most of us lack Skills. We have the knowledge and either no physical experience in using the good or we are no longer physically capable to use our knowledge with the goods.

There are a multitude of ways to prioritize and list all the needs (goods, knowledge and skills) that may be required to survive a particular crisis. And I do stress NEEDS *not* wants or desires.

“Stop Chasing what your mind wants and you'll get what your soul needs.”

Unknown

Although needs will vary depending on each individual, they can also vary based on the crisis at hand. Yet, many of these needs will be required regardless of the type of crisis encountered or the individual(s) involved. Fact is, depending on the scope of involvement and duration of the crisis at hand, most needs will be the same no matter what the crisis.

However all NEEDS fall into one of two categories (or sometimes both):

Physical or physiological necessities to human life. These are facts and can't really be argued or debated. Oh there may be a few exceptions here and there, but most of these do NOT fall into that scenario.

A human can last:

- A few minutes without oxygenated Air to breath
- A few hours without Protection From The Elements (heat/fire, cooling, shelter, clothing)
- A few days without unpolluted Water to drink

- A handful of weeks to a month without nutritional Food to eat and fuel the body
- And for some of us (like diabetics needing insulin) A few hours, days or weeks without a particular Medication.
- Rest and Sleep are also physical needs to human life, however we have yet to document anyone who actually died from lack of sleep and this is a new science that has not come up with a quantified figure as yet. Oh people have died from say all the effects that cause clumsiness or lack of attention to something - *because of lack of sleep*, however, not from the lack of sleep itself.

What we do know is that it is unwise to ignore our need for sleep. The negative side effects of partial sleep deprivation have been observed in in countless research studies and it is safe to assume that these would only be worsened by prolonged total sleep deprivation.

See for 40 Amazing Facts About Sleep <http://www.abc.net.au/science/sleep/facts.htm>

**“Hope and faith goes hand-in-hand, because without hope there is no faith.
The same goes with want and needs,
without any wants, there is no need to have a need.”**

Temitope Owosele

American author of “The Audacity of Progress” and artist.

Non-Physical or Psychological and Spiritual. All those ‘mental’ and spiritual items we humans require to keep our minds and souls thriving, no matter what hardships our physical bodies are exposed to.

These include: Faith, Hope, Good Will, Self-esteem, Belonging and Acceptance (loving and being loved), the Will to Survive, the Arts (visual, tactile, music & touch) and the sense of Security and Safety. *We humans have been struggling to measure and quantify these for millennia and still aren't there!*

Yet time and time again, we hear about examples or miracles that have occurred where science cannot explain why a person survived a particular ordeal other than; “*their will to live*” or “*their spiritual strength to survive*”. (The top 4 blocks of Maslow’s Hierarchy of Needs)

**“Money never made a man happy yet, nor will it.
The more a man has, the more he wants.
Instead of filling a vacuum, it makes one.”**

Benjamin Franklin

In just about any preparedness, homesteading, self-reliance book or website the writers will stress that we have to separate needs from wants and to prioritize these needs. I don’t know about you, but I’ve always had a bit of problem where the prioritizing comes in. Which is why I did more research,

read more books, then queried several clergy (across several faiths) and finally prayed on the matter a bit.

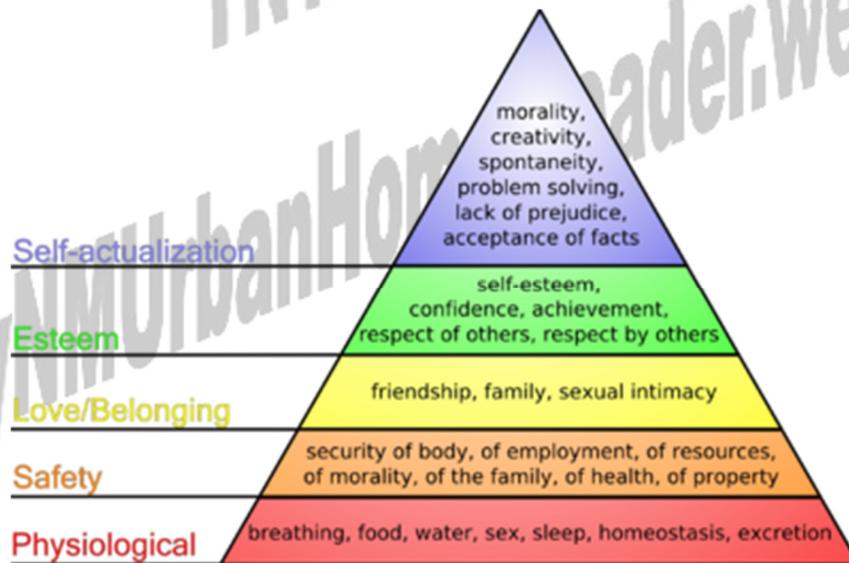
**"You cannot bring about prosperity by discouraging thrift.
You cannot establish security on borrowed money.
You cannot keep out of trouble by spending more than you earn."**

Abraham Lincoln

Those of you that have followed my posts will realize that I have published several versions of this hierarchy of preparedness needs and that I tend to look for quantifiers to anything that is measured or prioritized. As a result I have received many queries as to how I came up with the various rankings.

The biggest flaws in my previous versions is that they leaned too heavily on either the physical or non-physical needs and didn't really show the inter-relationships and interdependencies.

These "*necessities to human life*", both physical and non-physical, are seen in A. H. Maslow's "*A Theory of Human Motivation*" (penned in 1943) where he established a hierarchy of needs and motivation, often illustrated using a pyramid. In his hierarchy, he identified the most basic survival needs as physiological (food, water, air, and sleep). Above those, are needs associated with safety and prosperity. Even farther up the hierarchy, are more personal needs (friendship, self-esteem, and morality).



Maslow however, does not cover our Spiritual needs and I am a firm believer that we must be spiritually strong to survive any crisis.

**"The greatest mistake in the treatment of diseases is that
there are physicians for the body and physicians for the soul,
although the two cannot be separated."**

Plato

There have been several preparedness pyramids issued by some of the best "experts" in the field. Yet they too seemed to barely touch on the spiritual needs.

Then there is the whole “interpretation” thing when using Biblical scripture to explain or justify preparedness. As a Christian I have a particularly hard time with the whole “trusting in the Lord to provide for our needs, as he does the birds” thing. I mean the Creator gave us humans a brain and reason and a number of other things that He did NOT give to ANY of the other creatures He created.

I am not going to go into the debate between interpretations. Query your own clergy and make up your own mind. Rather I am going to explain how I came to my decision and hence, the preparedness hierarchy based on my spirituality. This may or may not be of help to you.

**“Not everything that can be counted counts,
and not everything that counts can be counted.”**

Albert Einstein

Which is why when I talked with various clergy (covering Christian and non-Christian faiths that believe in one God and not multiple gods), I posed this question: *“How do I prioritize all these physical and mental preparedness needs against my spiritual needs and stay true to my God?”*

Each of the clergy pointed out that:

- The Creator gave each and every one of us certain “*gifts*” or “*abilities*” that allow us to take care of ourselves. One cannot devote one’s life to God, then sit on their butt and have Him provide them with their physical necessities to life. Rather one was given “*gifts*” to acquire these for themselves.
- If one doesn’t use these “*gifts*” to take care of themselves, they are turning their back on their Creator who gave the “*gifts*” to them (an ultimate slight to the Lord).
- Since the human body is a “*Temple unto God*”, then one is spiritually bound to take care of it as such, and one’s Lord will NOT be upset with them if they do, as long as (big quantifier here), one also takes care of their spiritual health at the same time.
- Some needs, regardless of what they are, cannot be addressed without the human body being alive and well, while other needs can.
- The prioritizing of these needs are really just a “*hairs breath*” or “*nanoscopic*” distance from each other, and are NOT rulers of one’s life.
- To prioritize one ahead of the other for preparedness, is NOT demoting or slighting one over the other, it is merely a way to distinguish how to prioritize any limited funds and time towards preparedness.

**“We can no more do without spirituality
than we can do without food, shelter, or clothing.”**

Ernest Holmes

Ok, I’ll admit, these clergy did not specifically answer my question by putting priority numbers next to everything, however they did provide me with a guideline that has led to my current Hierarchy Pyramid of Preparedness needs.

Related Side Note: Even Atheists have some kind of moral code or ethics for life; their will to live or line they will not cross, that can be considered the atheist’s spirituality.

Above all, please, do NOT ignore your spiritual needs when defining your preparedness or self-reliance plan, as this can greatly reduce your survivability quotient!

"If you have a garden and a library, you have everything you need."
Cicero

I really don't know how to explain this adequately; that our mental and spiritual health plays a vital role in our overall health and viability.

The best example I can come up with are the people I know that have a physical disability. They are challenged every day. Their faith, hope and self-esteem are extremely strong. They know beyond a shadow of a doubt, that this fortitude *must come from within* and that there are no external "props" that they can put on that will do this for them.

Ultimately each and every one of us will need to come up with a prioritization that we can live with – physically, psychologically and spiritually.

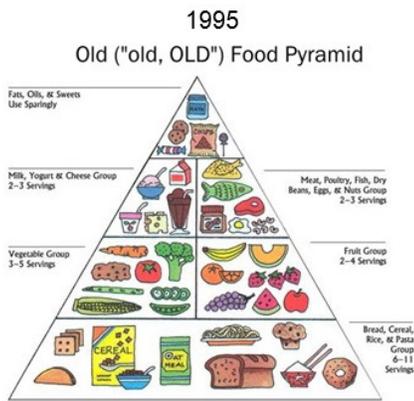
Other preparedness "experts" have attempted to prioritize the physical, non-physical and spiritual needs into some kind of hierarchy too. Yet, they also seemed to stress either the physical or non-physical needs. One did attempt to merge the two, but, in my book, not to the point that we can realize that the three groupings are actually interdependent on each other. It's no wonder, since this is a difficult thing to do, especially if you are like me and prefer things of this kind of intense information in some form of visual format.

Now that I have done more research and queried clergy about the subject, I think this one kinda covers the entire scope. It should have a good blend of how the physical, non-physical and spiritual needs rely on each other and are not complete without this interdependency.

**"Change in physical, mental, emotional and spiritual well-being
will only be achieved by change
in physical, mental, emotional and spiritual ways of being."
unknown**

Ok, besides the whole "where to place spiritual needs" thing, please keep the following in mind when reviewing my newest attempt at the Hierarchy Pyramid of Preparedness Needs:

The graphic itself models *Maslow's Needs Hierarchy* and is like the *Food Pyramid*, in that it does *not* mean you eat *all* your grains for the first meal of the day or purchase all of that type of preparedness need first and then the next brick or food group second. Rather it means that for **each dollar or hour you spend on preparedness needs, these are the recommended proportions of cents of that dollar or hours of that day that are to be devoted to that type of need.** (And I don't care if you are talking about the 1995, 2005 or 2011 version of the food pyramid!)



Side Note: Survival Cache has a great graphic on “**Survival Food Pyramid**” that is well worth the look-see. (<http://survivalcache.com/survival-food-pyramid/> & <http://survivalcache.com/wp-content/uploads/2010/04/Food-pyramid.png>)

“On a large enough time line, the survival rate for everyone drops to zero.”
Chuck Palahniuk

You will also note that the non-physical necessities to life tend to spread themselves out across the physical necessities to life. This interdependency between the physical and non-physical is very import. How well we apply this interdependency greatly affects our survivability quotient. I have no idea of the how or why behind this, only that it does.



**** Special Note:** The **Precious and Semi-precious Metals and Gems** discussed or visualized have several important “truths” that **must** be understood:

- They refer to *having the actual metal or gem in your hand*, NOT the paper certificate
- They are bulky, heavy and require extensive security
- They *don't* make *good* mobility items
- They are only viable for some specific crises and for only a small timeframe at the very beginning and or very end of the duration of these crises.
- Discussing this in an open environment, *where anyone can overhear*, puts **you and your household in danger** in the here and now!

Barter/Trade Items: Will vary depending on the crisis, its scope of involvement and duration. However the general rule of thumb is:

IF:

- You can't eat it
- You can't drink it
- It won't assist one in gaining food or water without actually purchasing it (like rifles for hunting)
- It is easy to scavenge and or scrounge

It is NOT a viable barter and or trade item.

Top items for barter/trade: Alcohol; Tobacco; Firearms, Ammo, Medications, Seeds (non-GMO, non-hybrid)



Now you have all my why's, what-not's and wherefore's that led to this version of my preparedness pyramid. All you need to do is tweak it fit *your* specific physical, non-physical and spiritual needs.

TNT

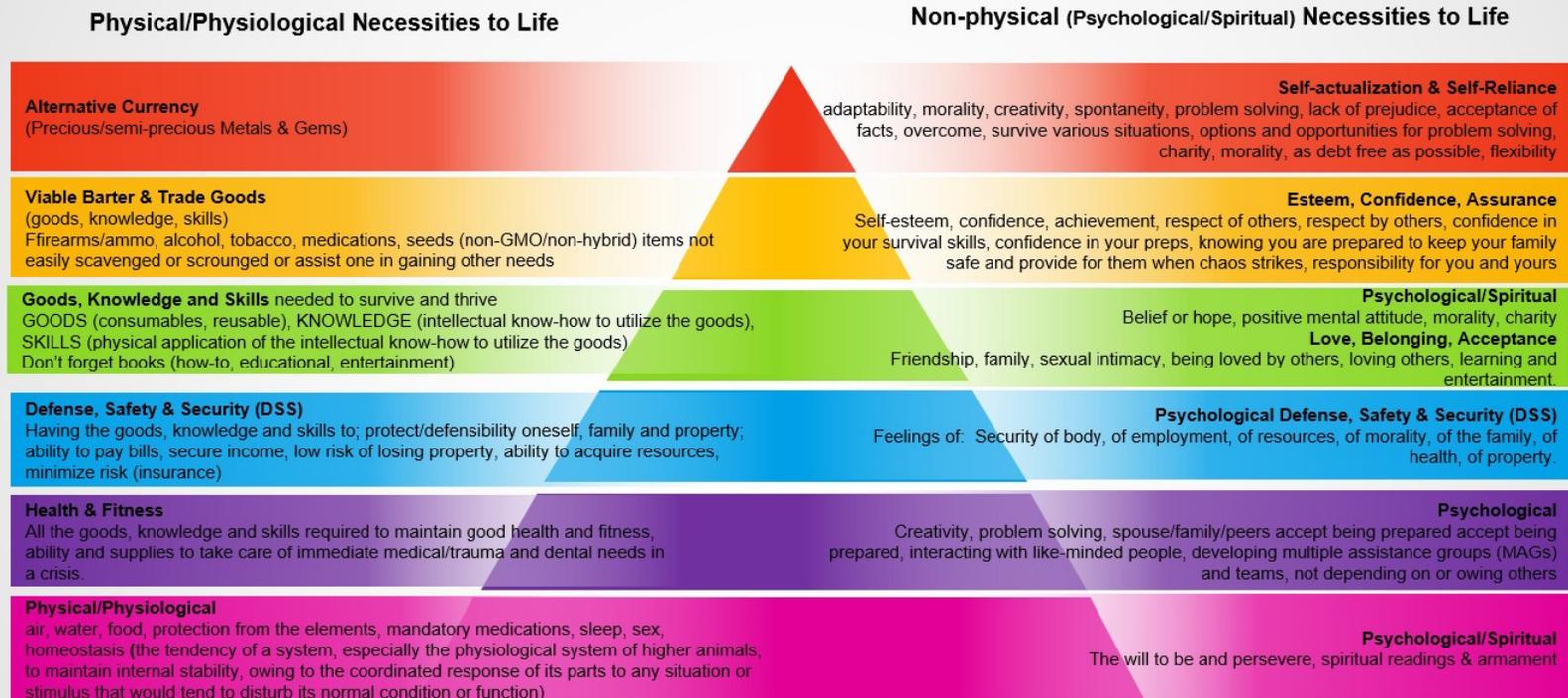
*“The highest manifestation of life consists in this:
that a being governs its own actions.
A thing which is always subject to the direction of another
is somewhat of a dead thing.”*

*St. Thomas Aquinas 1225-1274
Italian Scholastic Philosopher and Theologian*

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TNTs Preparedness & Survival Hierarchy Pyramid of Needs



I share Preparedness, Homesteading, Self-reliance knowledge & doc's at: <http://formerlynmurbanhomesteader.weebly.com>

“Humankind has not woven the web of life. We are but one thread within it.
 Whatever we do to the web, we do to ourselves.
 All things are bound together. All things connect.”
 Chief Seattle, 1854