Berne’s six hungers:

1. Contact

This is the need for physical touch by other people. Contact can be received by hugs, hand-holding, pats, massage, or any other way you get physically touched.

2. Recognition

This is the need to be noticed, receive attention and acknowledgment which can only be supplied by another human being. It is a need for a sense of belonging and a feeling that other people know you are alive. This is why milk is not enough for infants; they also need the sound, smell, warmth and touch of mothering or else they whither away. Just as grownups do if there is no one to say hello to them. This can be received by verbal strokes such as a simple nod, someone saying your name, hello, or giving you compliments or praise. By the way it is OK to ask for recognition.

3. Incident

This is the need for anything unusual, challenging, exciting, novel, or different. It is doing something out of the ordinary. When you are bored or feel life is dull, than you are experiencing a lack of incident in your life. It is as important to plan incident into your life rather than just have it happen. There is negative unplanned incident, i.e. losing your car keys, getting into an argument with a friend, stubbing your toe, or bouncing a check. Examples of positive incident are vacations, parties, eating with different hand, sleeping on a different side of the bed, meeting new people, amusement parks, unusual places, and a flashy car.

4. Stimulus

This is a need for sensation, arousal and input into five senses: sight, sound, smell, taste, and touch. Far from avoiding stimulating situations, as some people have claimed, most human beings seek them out. The need for sensation is the reason why roller coasters make money and why prisoners will do almost anything to avoid solitary confinement.

Other examples of fulfilling this need are: bright colors, music, smells in a bakery, interior decorating, art gallery, a stimulated mind by creating new ideas, and smelling flowers.

5. Structure (time)-

This is the need for time structure or what one does with his/her time from birth to death in order to avoid the pain of boredom. It is the need for security and to be in charge of one’s life. Sometimes people have too much time structure and sometimes not enough. It is important to remember that as much as you plan your work time, it is as important to plan your play time. This need is fulfilled by having goals, keeping a calendar, attending classes, a satisfying career and/or having one's own business.

6. Sex/Passion

This is the need to be aroused and reach a peak. This hunger can be met in many ways. Enthusiasm about life, watching or participating in sports, dancing, telling sexy stories or jokes, having intimacy with other people, liking one's own femininity or masculinity, flirting, or body painting.

Question: What activities in life fulfill all six of these Hungers at the same time?

Answer: Dancing and Sex

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