

NEEDS

Connection

Physical sustenance
Air, Food, Water
Connection to body
Health
Movement
Physical Safety
Rest / sleep
Shelter
Touch

Security
Consistency
Order/Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trusting

Affection
Appreciation
Attention
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual expression
Support
Tenderness
Warmth

To matter
Acceptance
Care
Compassion
Consideration
Empathy
Respect

To be heard, seen
To be known, understood
To be trusted
Understanding others
Mutual Recognition
Kindness

Community
Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality/Team-work/Shared world view
Participation
Partnership
Self-expression
Sharing

Meaning

Sense of self
Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-acceptance
Self-care
Self-connection
Self-knowledge
Self-realization
Mattering to myself

Understanding
Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation
Meaning
Challenge
Aliveness
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence
Beauty
Celebration of life
Communion
Faith
Flow
Hope
Inspiration
Mourning
Peace (internal)
Presence

Freedom

Autonomy
Agency
Choice
Ease

Independence
Power
Self-responsibility
Space
Spontaneity

Leisure/Relaxation
Humour
Joy
Play
Pleasure
Rejuvenation