

Needs List

HINT: Needs are more than the things we can't live without. They represent our values, wants, desires and preferences for a happier and/or more meaningful experience as a human. Although we have different needs in differing amounts at different times, they are universal in all of us. When they are unmet, we experience feelings... when they are met, we experience feelings.

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| <p><u>CONNECTION</u> Acceptance Affection Appreciation Authenticity Belonging Care Closeness Communication Communion Community Companionship Compassion Consideration Empathy Friendship Inclusion Inspiration Intimacy Love Mutuality Nurturing Partnership Presence Respect/Self-respect Security Self-Acceptance Self-Care Self-Connection Shared Reality Stability Support To know/Be known To see/Be seen Trust Understanding Warmth</p> | <p><u>PLAY</u> Adventure Excitement Fun Humor Joy Relaxation Stimulation</p> <p><u>PEACE</u> Acceptance Balance Beauty Communion Ease Equanimity Faith Harmony Hope Order Peace-of-mind Space</p> <p><u>PHYSICAL WELL-BEING</u> Air Care Food Movement/exercise Rest/sleep Safety (protection from harm) Sexual expression Shelter Touch Water</p> | <p><u>MEANING</u> Awareness Celebration Challenge Clarity Competence Consciousness Contribution Creativity Discovery Efficacy Effectiveness Growth Integration Learning Mourning Movement Participation Presence Progress Purpose Self-expression Stimulation Understanding</p> <p><u>AUTONOMY</u> Choice Dignity Freedom Independence Self-Expression Space Spontaneity</p> |
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