

## NEEDS

### CONNECTION

Acceptance  
Affection  
Appreciation  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Warmth  
Love  
Mutuality  
Nurturing  
Respect/Self-respect  
Safety  
Security  
Stability  
Support  
To know and be known  
To see and be seen  
To understand and be understood  
Trust

### HONESTY

Authenticity  
Integrity  
Presence  
Truth

### PLAY

Joy  
Humor  
Fun  
Laughter  
Adventure  
Creativity

### PEACE

Beauty  
Communion  
Ease  
Equality  
Harmony  
Inspiration  
Order

### PHYSICAL WELL-BEING

Air  
Food  
Movement  
Exercise  
Rest/sleep  
Sexual expression  
Safety  
Shelter  
Touch  
Water

### MEANING

Awareness  
Celebration of  
Life  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Hope  
Learning  
Mourning  
Participation  
Purpose  
Self-expression  
Stimulation

To matter  
Understanding

### AUTONOMY

Choice  
Freedom  
Independence  
Space  
Spontaneity