

Needs

CONNECTION

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

HONESTY

Authenticity
Integrity
Presence

PLAY

Joy
Humour

PEACE

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order

PHYSICAL WELL-BEING

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

AUTONOMY

Choice
Freedom
Independence
Space
Spontaneity
Variety

MEANING

Awareness
Celebration of life
Certainty
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
Self-expression
Significance
Stimulation
To matter
Understanding