

Needs

PHYSICAL WELL-BEING

air
light
warmth
food
water
rest
sleep
movement
physical training
health
touch
sexual expression
shelter
certainty
safety
emotional security
protection
maintenance
comfort

HARMONY

peace
beauty
calm
equanimity
relaxation
silence
ease
order

congruence
durability
stability
balance
community
wholeness
completion
processing
integration
predictability
familiarity
equality
justice
honesty

HONESTY

authenticity
(self) expression
integrity
transparency
realness
truth

FREEDOM

choice
spiritual freedom
autonomy
independence
space
time

CONNECTION

love
self-love
care / self-care
belonging
closeness
intimacy
empathy
compassion
appreciation
gratefulness
acceptance
recognition
reassurance
affection
attentions
openness
trust
communication
sharing
exchange
giving
receiving
tenderness
softness
delicacy
friendliness
respect
to see / to look
being seen

listen

being heard
understand
being understood
taking into account
inclusion
participation
support
help
nourishment
collaboration
cooperation
communion
companionship
friendship
partnership
mutuality
reciprocity
consistency
progress
continuity

MEANING

contribution
enriching life
presence
being centred
self-connection
hope
vision

dream

believe
clarity
focus
concentration
knowing
learning
awareness
realization
inspiration
creativity
challenge
stimulance
growth
evolution
progress
expansion
research
development
power
inner strength
empowerment
skill
capacity
self-worth
self-confidence
self-respect
dignity
efficiency
matter

joining

have my place
in the world
spirituality
goal
liberation
transformation
codependency
simplicity
celebration
mourning

PLAY

liveliness
being alive
vitality
flow
passion
spontaneity
fun
humour
laughter
lightness
discovery
adventure
variety
diversity
renewal
refreshment