

# NEEDS

## well-being

### **sustenance:**

nourishment  
physical health  
mental health  
physical exercise  
movement  
self-care  
self-connection  
(self-)acceptance of "what is"  
vitality  
balance  
allowance of feelings  
internal peace  
resiliency  
sustainability

### **safety / order:**

protection  
peace  
emotional safety  
flow  
focus  
predictability / dependability  
consistency  
structure  
equality  
stability  
security  
transparency  
privacy  
productivity  
efficiency

### **recreation / leisure:**

rest  
play  
ease  
relaxation  
rejuvenation  
healing  
beauty  
enjoyment  
humor  
joy  
fun  
tranquility  
dreaming  
down time

## connection

### **positive regard / empathy:**

love  
caring  
nurturing  
warmth  
affection / touch / intimacy  
(self-)compassion  
(self-)acceptance  
closeness / intimacy  
to be seen  
to be heard  
to be understood  
to have intentions seen  
curiosity  
encouragement

### **understanding:**

communication  
receptivity  
learning  
honesty  
congruence  
context  
awareness  
clarity  
mourning  
knowing  
truth  
wisdom  
equanimity  
self-awareness  
self-empathy

### **belonging / community:**

inclusion  
participation  
engagement  
shared reality  
welcoming  
sharing  
cooperation  
teamwork  
acceptance  
mutuality  
help / support  
companionship  
resonance  
trust

## self-expression

### **identity / purpose:**

meaning  
presence  
hope / optimism  
potential  
authenticity  
integrity  
direction  
significance  
celebration  
competence  
achievement  
dignity  
self-esteem  
responsibility

### **creation / contribution:**

creating / creativity  
expression  
to contribute  
innovation  
invention  
challenge  
growth  
to make a difference  
giving / generosity  
teaching  
inspiration  
discovery  
imagination  
problem-solving  
change

### **autonomy:**

adventure  
choice  
freedom  
space  
flexibility  
independence  
spontaneity  
open-mindedness  
dissent  
adaptability  
confidence  
power to meet one's needs  
self-determination  
transcendence