

**Most vulnerable
survival needs:**

Affection
Belonging
Care
Closeness
Comfort
Companionship
Connection
Love
Nurturing
Protection
Reassurance
Safety
Security
Support
Touch
Trust
Warmth

To Breathe
To Relax
To Be Seen
To Be Heard
To Be Listened To
To Be Understood

Other Needs:

Acceptance
Accomplishment
Achievement
Acknowledgment
Adaptability
Adventure
Agility
Aliveness
Appreciation
Authenticity
Autonomy
Awareness
Balance
Beauty
Calm/ness
Capability
Celebration
Challenge

NEEDS LIST

Choice
Clarity
Collaboration
Communication
Compassion
Confidence
Congruence
Consideration
Consistency
Contribution
Cooperation
Creativity
Curiosity
Daring
Decisiveness
Dependability
Devotion
Dignity
Discovery
Diversity
Ease
Effectiveness
Efficiency
Empathy
Empowerment
Energy
Enjoyment
Enthusiasm
Equality
Equanimity
Esteem
Excellence
Exercise
Excitement
Expansion
Expression
Expressiveness
Fairness
Faith
Fearlessness
Fellowship
Flexibility

Flow
Fluency
Focus
Food
Freedom
Fresh air
Friendship
Fun
Generosity
Grace
Gratitude
Growth
Happiness
Harmony
Health
Help
Home
Honesty
Honoring
Hope
Hospitality
Humor
Importance (to
matter)
Inclusion
Independence
Inspiration
Integrity
Intimacy
Interdependence
Joy
Justice
Learning
Mastery
Meaning
Mindfulness
Motivation
Movement
Mutuality
Nourishment
Openness

Order
Partnership
Peace
Permission
Play
Positivity
Power
Predicatability
Presence
Privacy
Productivity
Purposefulness
Quiet
Reciprocity
Recognition
Reflection
Rejuvenation
Relaxation
Reliability
Respect
Responsibility
Rest
Self-Protection
Sensitivity
Serenity
Simplicity
Sleep
Space
Spontaneity
Stability
Structure
Success
Sunshine
Support
Teamwork
Thoughtfulness
Tranquility
Trust
Understanding
Uniqueness
Variety
Vision
Vitality
Warmth
Water
Wellbeing
Wellness
Wholeness
Wisdom