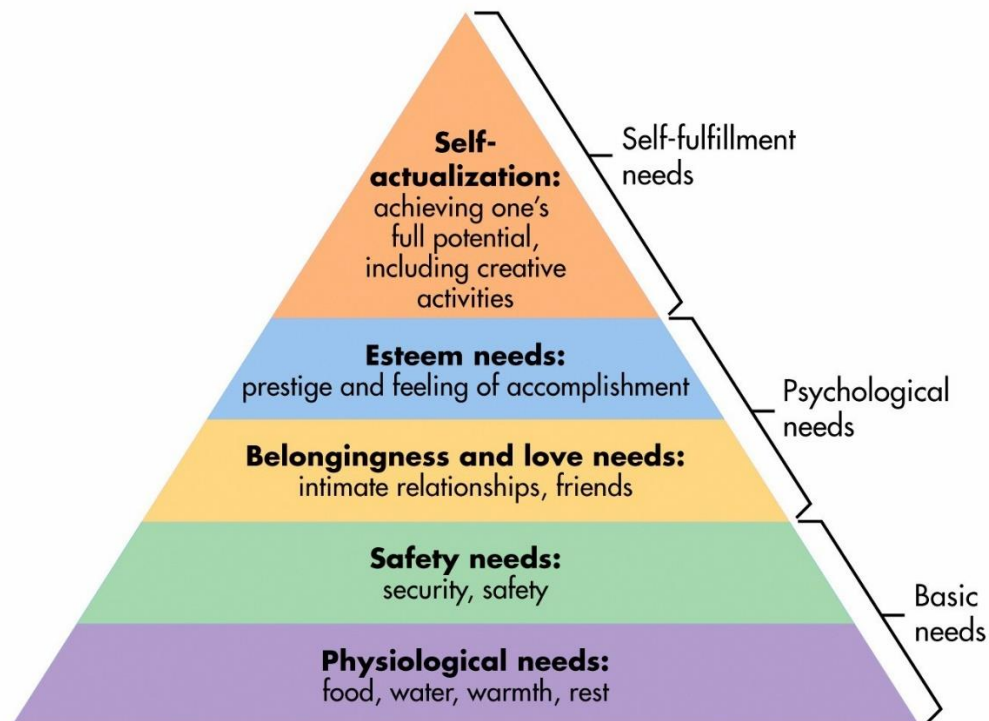


# I need...

Acceptance	Appreciation	Authenticity
Autonomy	Awareness	Beauty
Celebration	Challenge	Clarity
Closeness	Choice	Choose my dreams
Community	Connection	Consideration
Contribution	Cooperation	Creativity
Dignity	Effectiveness	Emotional safety
Empathy	Enjoyment	Equality
Exploration	Freedom	Growth
Humor	Harmony	Honesty
Inspiration	Imagination	Inclusion
Kindness	Integrity	Joy
Meaning	Learning	Love
Participation	Movement	Order/Chaos
Presence	Peace	Play
Rest	Protection	Respect
Self-worth	Safety & Health	Self-Expression
Spontaneity	Support	Touch
Trust	Truth	Understanding

*I Feel I Need word lists adapted from Non-violent Communication by Marshall Rosenberg*



## Maslow's Hierarchy of Needs