

# Needs List

HINT: Needs are more than the things we can't live without. They represent our values, wants, desires and preferences for a happier and/or more meaningful experience as a human. Although we have different needs in differing amounts at different times, they are universal in all of us. When they are unmet, we experience feelings... when they are met, we experience feelings.

## **CONNECTION**

Acceptance  
Affection  
Appreciation  
Authenticity  
Belonging  
Care  
Closeness  
Communication  
Communion  
Community  
Companionship  
Compassion  
Consideration  
Empathy  
Friendship  
Inclusion  
Inspiration  
Intimacy  
Love  
Mutuality  
Nurturing  
Partnership  
Presence  
Respect/Self-respect  
Security  
Self-Acceptance  
Self-Care  
Self-Connection  
Shared Reality  
Stability  
Support  
To know/Be known  
To see/Be seen  
Trust  
Understanding  
Warmth

## **PLAY**

Adventure  
Excitement  
Fun  
Humor  
Joy  
Relaxation  
Stimulation

## **PEACE**

Acceptance  
Balance  
Beauty  
Communion  
Ease  
Equanimity  
Faith  
Harmony  
Hope  
Order  
Peace-of-mind  
Space

## **PHYSICAL WELL-BEING**

Air  
Care  
Food  
Movement/exercise  
Rest/sleep  
Safety (protection from harm)  
Sexual expression  
Shelter  
Touch  
Water

## **MEANING**

Awareness  
Celebration  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Integration  
Learning  
Mourning  
Movement  
Participation  
Presence  
Progress  
Purpose  
Self-expression  
Stimulation  
Understanding

## **AUTONOMY**

Choice  
Dignity  
Freedom  
Independence  
Self-Expression  
Space  
Spontaneity