



**Needs:** are words that describe the life-serving energy that motivates and sustains us. All of our actions and words are attempts to meet our needs/values.

## **CONNECTION**

Acceptance,  
Affection,  
Appreciation  
Belonging  
Cooperation  
Communication, closeness  
Community  
Companionship  
Compassion, consideration  
Consistency, empathy  
Inclusion, Intimacy  
Love, mutuality  
Nurturing  
Respect/self-respect  
Safety, security,  
Stability, support  
To know and be known,  
To see and be seen  
To Understand & be understood  
Trust  
Warmth

## **PLAY**

Joy  
Humour

## **PHYSICAL WELL-BEING**

Air, food, water,  
Movement/exercise,  
Rest/sleep  
Touch,  
Sexual expression  
Safety,  
Shelter

## **HONESTY**

Authenticity  
Integrity  
Presence

## **PEACE**

Beauty  
Communion,  
Ease  
Equality,  
Harmony  
Inspiration  
Order

## **MEANING**

Awareness  
Celebration of life  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy,  
Effectiveness  
Growth  
Hope  
Learning, mourning  
Participation  
Purpose  
Self-expression  
Understanding

## **AUTONOMY**

Choice  
Freedom  
Independence  
Space  
Spontaneity