

## List of Needs

<b>CONNECTION</b>	Trust	<b>AUTONOMY</b>
Acceptance	Warmth	Choice
Affection	<b>BASIC SURVIVAL</b>	Freedom
Appreciation	Air	Independence
Belonging	Food	Space
Cooperation	Movement/exercise	Spontaneity
Communication	Rest/sleep	<b>COMPETENCE</b>
Closeness	Sexual expression	Effectiveness
Community	Safety	Efficiency
Companionship	Shelter	Growth
Compassion	Touch	Learning
Consistency	Water	Power
Empathy	<b>HONESTY</b>	<b>MEANING</b>
Inclusion	Authenticity	Awareness
Intimacy	Integrity	Celebration of life
Love	Presence	Challenge
Mutuality	<b>PLAY</b>	Clarity
Nurturing	Joy	Competence
Respect/self-respect	Humor	Consciousness
Safety	<b>PEACE</b>	Contribution
Security	Beauty	Creativity
Stability	Communion	Discovery
Support	Ease	Hope
To know and be known	Equality	Mourning
To see and be seen	Harmony	Participation
To understand and be understood	Inspiration	Purpose
	Order	Self-expression
	Wholeness	Understanding