

HUMAN NEEDS

AUTONOMY

choice	freedom	dignity	independence
self-expression	spontaneity	space	

CONNECTION

acceptance	affection	appreciate	Authenticity	belonging	care
closeness	communication	communion	community	compassion	consideration
empathy	friendship	inclusion	inspiration	Integra	intimacy
love	mutuality	nurturing	partnership	presence	respect
security	self care	expression	shared reality	stability	support
To be seen	to be heard	to be known	Trust	understanding	warmth
self respect	self acceptance	self connection	self expression		

MEANING

awareness	celebration	Challenge	competence	consciousness	competence
contribution	creativity	discovery	efficiency	effectiveness	Growth
Integration	Integrity	learning	Morning	movement	participation
perspective	presence	progress	purpose	stimulation	understanding



HUMAN NEEDS

PEACE

acceptance	balance	beauty	communion	ease	Equanimity
faith	Harmony	hope	order	peace of mind	space

PHYSICAL WELL BEING

air	comfort	care	food	movement	rest
safety	self care	sexual expression	shelter	touch	water

PLAY

Adventure	excitement	fun	humor	joy	relaxation	stimulation
-----------	------------	-----	-------	-----	------------	-------------