



NEEDS - Universal Needs and Values



The following list of needs is not exhaustive. It is meant to support you in gaining a deeper understanding of yourself and others.

CHOICE

autonomy
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION

acceptance
affection
authenticity
belonging
care
closeness
communication
community
companionship
compassion
cooperation
empathy
friendship
help / support
inclusion
inspiration
intimacy
love
mutuality
nurturance
participation
partnership
presence
respect/self-respect
security
shared reality
to be seen
understanding
warmth

MEANING/PURPOSE

awareness
celebration
clarity
competence
consciousness
consideration
contribution
creativity
efficiency
effectiveness
integration
learning/growth
mourning
participation
perspective
presence
progression
self-expression
stimulation
to matter
understanding

HARMONY

balance
beauty
ease
faith
healing
hope
light-heartedness
mindfulness
openness
order
peace
relaxation
simplicity
space
stability
structure

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation
wonder

TRUST

authenticity
care
consideration
honesty
integrity
mutuality
respect

WHAT WE NEED TO SURVIVE

air/water/shelter
comfort
food/nourishment
health
movement/exercise
rest/sleep
protection
safety (physical)
security
self-care
touch

**Needs are something we all want and long for. They're our heart's desires.
All our Actions, Behaviors, and Choices (our "ABC's") are driven by our Needs.**