

Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

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 & be known
- To see & be seen
- To understand & be understood
- Trust
- Warmth

PHYSICAL WELL-BEING

- Air
- Food
- Movement/Exercise
- Rest/Sleep
- Sexual Expression
- Safety
- Shelter
- Touch
- Water

HONESTY

- Authenticity
- Integrity
- Presence

PLAY

- Joy
- Humor

PEACE

- Beauty
- Communion
- Ease
- Equality
- Harmony
- Inspiration
- Order

AUTONOMY

- Choice
- Freedom
- Independence
- Space
- Spontaneity

MEANING

- Awareness
- Celebration of life
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Hope
- Learning
- Mourning
- Participation
- Purpose
- Self-Expression
- Stimulation
- To matter
- Understanding