

# NEEDS

## **AUTONOMY**

Choice  
Freedom  
Independence  
Integrity  
Presence  
Space  
Spontaneity  
To choose one's  
dreams, goals, values -  
To choose one's plan for  
fulfilling one's dreams,  
goals and values

## **INTEGRITY**

Authenticity  
Creativity  
Meaning  
Self-worth

## **MEANING**

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

## **INTER-DEPENDENCE**

Acceptance  
Affection  
Appreciation  
Awareness  
Belonging  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Connection  
Cooperation  
Contribution to the  
enrichment of life (to  
exercise one's power  
by giving that which  
contributes to life)  
Emotional safety  
Empathy  
Equality  
Honesty (the  
empowering honesty  
that enables us to  
learn from our  
limitations)  
Inclusion  
Love  
Mutuality  
Reassurance  
Respect  
Self Respect  
Support  
Trust  
Understanding (to  
understand and be  
understood)  
Warmth

## **REST & PLAY**

Challenge  
Ease  
Enjoyment  
Fun  
Humour  
Laughter  
Learning  
Relaxation  
Spontaneity  
Stimulation

## **SAFETY & HEALTH**

Safety  
Security  
Stability  
Predictability  
Support

## **SPIRITUAL COMMUNION**

Communion  
Harmony  
Inspiration  
Order  
Peace

## **PHYSICAL NURTURANCE**

Air  
Nourishment  
Movement/ exercise  
Nurturing  
Protection  
Rest  
Safety  
Sexual expression  
Shelter  
Touch  
Warmth  
Water

# EXPRESSING NEEDS

**ACCEPTANCE:** you'd like to be seen just as you are

**AUTHENTICITY:** you want to say or do what's really in your heart?

**AUTONOMY:** you'd like some choice about what you do?

**PARTICIPATION:** you'd like some say in what we are doing?

**SECURITY:** do you want to know that you're going to be ok?

**COOPERATION:** do you want everyone to work together as a team?

**COMPANIONSHIP:** Would you like some company?

**EFFECTIVENESS:** Do you want to be able to make things change?

**PEACE:** Do you want quiet? or calm? or an easy time?

**EQUALITY:** You want the same for everyone?

**AFFECTION:** Do you want to be close?

**COMPASSION:** You want to be heard about how special or hard this is for you?

**INCLUSION:** Would you like to be a part of what's happening?

**CELEBRATION:** Would you like to show how happy you feel?

**PURPOSE:** Would you like something important to do?

**STIMULATION:** Are you looking for fun or something new to do?

**MOURNING:** Do you want to show how sad you feel?

**COMPETENCE:** Do you want to really know or show you can do it?

**APPRECIATION:** You want to know that what you did or do is important/ valued?

**HONESTY:** You want to trust that what is said is true?

**CONTRIBUTION:** Would you like to be able to help or share?

**MUTUALITY:** You want to share the same ideas or beliefs? (we learn from each other) You'd like everyone to have a turn / share / equal amount?

**ORDER:** You want to find things easily? or you want to know what's going on around you? You'd like some sense of control in your life?

**CONSISTENCY:** You want to be able to count on this happening the same way each time (may also be a need for some predictability or certainty.)