

# Needs List

Foundational					
<b>Physical Body</b>		<b>Safety</b>	<b>Dependability</b>		
Clean air	Sexual expression	Communication	Communication		
Cleanliness	Shelter	Confidentiality	Congruence		
Clothing	Touch	Honesty, trust	Efficiency, planning		
Exercises, movement	Water (clean)	Protection, security	Honesty		
Food	well-being	Reliability	Integrity		
Health		sincerity	Order,		
Protection			documentation		
Relaxation, rest			Reliability		
Safety			Security		
			Stability		
			Trust		
Growth					
<b>Creativity</b>		<b>Integrity</b>	<b>Play</b>	<b>Contribution</b>	
Alone time	Authenticity		Celebration	Freedom	
Beauty, joy	Completeness		Child-likeness	Fulfillment	
Focus, discipline	Honesty		Exercise	Joy	
Inspiration	Realness		Exuberance	Hope	
Originality	Sincerity		Free-time	Meaning	
Productivity	Stability		Joy, delight	Productivity	
Reassurance	Straightforwardness		Laughter, tears	progress	
Seclusion	wholeness		Light heartedness		
Self-expression			playfulness		
Sense of aliveness					
Relational					
<b>Appreciation</b>	<b>Cooperation</b>	<b>Teamwork</b>	<b>Communication</b>	<b>Interdependence</b>	<b>Nurturing</b>
Acknowledged	Agreement	Clarity, honesty	Celebration	Belonging	Compassion
Admiration	Brainstorm	Communication	Clarity, feedback	brother/sisterhood	Connection
Adoration	Feedback	Connection	Closeness, intimacy	Community	Consideration
Celebration	Negotiation	Consideration	Confidentiality	Companionship	Empathy
Mourning	Openness, fairness	Cooperation	Connection	Connection	Gentleness
Self-esteem	Peace, harmony	Flexibility	Diplomacy	Cooperation	Softness
Reassurance	Planning	Harmony	Grieving	Friendship	Grieving
Recognition	Relationship	Inclusion	Reassurance	Harmony	Kindness, comfort
validation	Respect	Realistic goals	Requests	Inclusion	Love, affection
	trust	reliability	Respect	Intimacy	Support,
			Safety, trust	Kindred spirit	compassion
			Sharing, honesty	Reassurance	Tenderness
			To be heard,	Respect, trust	To be cherished
			Together time	Spiritual connection	Touch
			Understanding		Warmth
Independence					
<b>Time for Self</b>			<b>Autonomy</b>		
Balance, wholeness	Free time, quiet time	Personal space	Acceptance, respect	Confidence	Independence
Downtime	Freedom, autonomy	Self-nurturance	Authenticity	Consideration	Self-governance
Empowerment	Laughter, tears	Spiritual communication	Choice, freedom	Dreams, goals, values	
		Tranquility			