

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 and be known
- to see and be seen
- to understand and be understood
- trust
- warmth

Play

- joy
- humor

Physical Well-Being

- air
- food
- movement/exercise
- rest/sleep
- sexual expression
- safety
- shelter
- touch
- water

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

Honesty

- authenticity
- integrity
- presence