

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 | Empathy | Security |
| Affection | Inclusion | Stability |
| Appreciation | Intimacy | Support |
| Belonging | Love | To Know and Be Known |
| Cooperation | Mutuality | To See and Be Seen |
| Communication | Nurturing | To Understand and Be Understood |
| Compassion | Respect/Self-Respect | Trust |
| Consideration | Safety | Warmth |
| Consistency | | |

Physical Well-Being

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

Honesty

Authenticity

Integrity

Presence

Play

Joy

Humor

Peace

Beauty
Communion

Ease
Equality
Harmony

Inspiration
Order

Autonomy

Choice
Freedom

Independence

Space
Spontaneity