



Needs

Physical needs

breath/air
sleep, rest
nutrition (food, water)
protection/warmth/safety/
shelter/touch
movement, exercise
light
sexual expression
urination, go to the toilet

Individual needs (can be met only by ourselves)

- autonomy
- self-confidence, self-appreciation
- trust
- integrity: to live according to my value
- creativity
- honesty/authenticity
- contribution to the enrichment of life
- meaning
- peace of mind

Social needs

(can be met by actions of others and ourselves)

- belonging
- interdependence
- acceptance (of how I am)
- appreciation (for my actions)
- education (learning and growth)
- love
- intimacy, closeness, tenderness
- community
- empathy
- love: closeness, tenderness, safety,
- understanding (major interdependencies)
- joy, enthusiasm
- celebration, celebrate losses (mourning)
- peace
- beauty
- recognition
- support
- order / ritual (order in a sense of something I can rely on like the seasons, day / night)
- inspiration, vision

- spirituality