

List of Needs

Needs are Universal. They are not specific to a particular place, circumstance or person.

CONNECTION

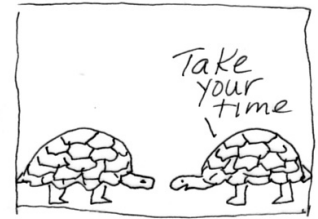
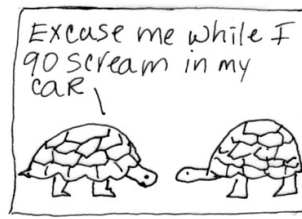
acceptance
affection
appreciation
cooperation
communication
closeness
community
companionship
compassion
connection to Source
consideration
consistency
empathy
focus
friendship
inclusion
intimacy
kindness
listening
love
mutuality
nurturing
respect
self-respect
safety
security
self-connection
self-love
stability
support
to be present
to know/ be known
to listen
to see and be seen
to understand and
be understood
to be heard
to belong/to matter
to contribute
trust
warmth

MEANING

awareness
beauty
celebration challenge
clarity
competence
consciousness
contribution
courage
creativity
creative self-expression
discovery
efficacy
effectiveness
faith/trust
growth
hope
inspiration
learning
moving forward
to be present
mourning
Oneness
participation
purpose
self-expression
stimulation
success
sustainability
to matter
understanding

AUTONOMY

choice
empowerment
freedom
independence
self-reliance
space
spontaneity



PEACE

balance
beauty
communion
ease and flow
equality
equanimity
flexibility
grace
harmony
inspiration
order
relief
security

PLAY/FUN

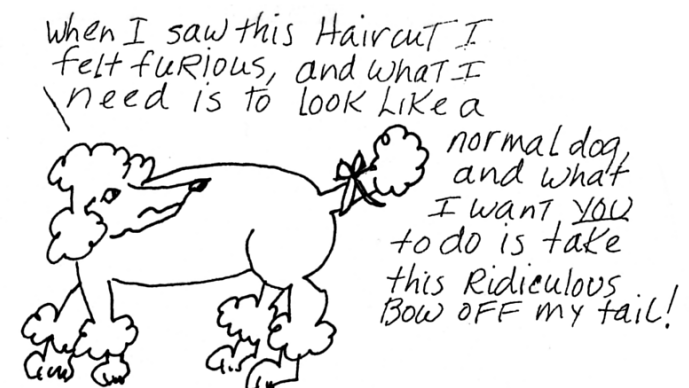
adventure
joy
levity
humor
spontaneity

PHYSICAL WELL-BEING

air/ food/water
adaptability
harmony
healing
movement/exercise
nourishment
protection
rest/sleep
self-care
sexual expression
safety
shelter
touch

HONESTY

authenticity
clarity
communication
integrity
presence



Feelings when your needs are satisfied:

AFFECTIONATE

compassionate
friendly
loving
open hearted
passionate
tender
warm

INSPIRED

amazed
curious
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

alert
connected
curious
fascinated
intrigued
stimulated

GRATEFUL

appreciative
moved
thankful
touched

JOYFUL

amused
blissful
delighted
free
glad/happy
jubilant
playful

PEACEFUL

calm/mellow
comfortable
centered
fulfilled
relaxed
relieved
rested/renewed
serene/tranquil
hopeful
trusting

EXCITED

amazed
elated/ecstatic
energetic
enthusiastic
expectant
passionate
thrilled
vibrant

Feelings when your needs are NOT satisfied:

AFRAID

apprehensive
concerned
foreboding
mistrustful
panicked
scared/frightened
suspicious
terrified
wary
worried

SAD

depressed
dejected
disappointed
discouraged
disheartened
gloomy
grief/loss
downhearted
hopeless
unhappy

DISQUIET

ashamed
disturbed
embarrassed
flustered
guilty
surprised
troubled
uneasy
unnerved
unsettled
upset
self-conscious

VULNERABLE

fragile/shaky
guarded
tender
helpless
insecure
reserved
sensitive

PAIN

anguish
agony/torn
bitter
devastated
grief/loss
heartbroken
lonely/hurt
miserable
regretful
remorseful

TENSE/ AGITATED

anxious/uneasy
aversion
cranky/disturbed
distressed
stressed out
irritable/agitated
jittery/nervous
overwhelmed
restless/edgy
uncomfortable

ANGRY/ ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
furious
hostile
impatient
irritated
outraged
resentful

FATIGUE

burnt out
depleted
exhausted
tired
weary
worn out

YEARNING

envious
longing
pining

AVERSION

animosity
contempt
disgusted
dislike

DISCONNECTED

alienated
closed-hearted
apathetic/bored
cold/distant
confused
detached
distracted
indifferent
lost/torn
numb/removed
uninterested

