

Needs

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs

Well Being	Connection	Self-Expression
<p>Safety peace confidence comfort consistency courage equanimity order predictability protection from harm security stability shelter trust, reliability</p>	<p>Care acceptance affection appreciation fairness, justice generosity intimacy, closeness kindness love mattering, importance nurturing unconditional pos. regard valuing, prizing, dignity warmth, touch</p>	<p>Freedom adventure self-actualisation aliveness autonomy, choice courage creativity fun growth independence innovation joy, happiness spontaneity wonder, discovery</p>
<p>Health abundance balance exercise, movement flexibility food, water, air, shelter nutrition, nourishment prosperity, richness simplicity sleep sustainability wellness</p>	<p>Empathy awareness acknowledgment communication compassion consideration presence recognition receptivity seeing, being seen sensitivity understanding</p>	<p>Honesty authenticity congruence dependability integrity, trust openness power, empowerment presence realness reliability respect, honoring</p>
<p>Play beauty calm ease, flow energy, vitality enthusiasm exuberance fun, joy, happiness harmony humor recreation rejuvenation rest, relaxation tranquility, serenity</p>	<p>Community belonging companionship collaboration, cooperation friendship, fellowship help, support inclusion, equality interdependence home hospitality, welcoming mutuality, reciprocity partnership team synergy</p>	<p>Meaning achievement, success appreciation, gratitude celebration, mourning challenge contribution efficacy, effectiveness excellence, mastery, skill inspiration learning, focus passion, commitment purpose structure, discipline vision, clarity wisdom</p>