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 | CONNECTION continued safety security | HONESTY authenticity integrity | MEANING awareness celebration of |
|--|---|--------------------------------------|--|
| appreciation | stability | • • | life |
| belonging | support | presence | challenge |
| cooperation | to know and be known | PLAY | clarity |
| communication | to see and be seen | | • |
| closeness | to understand and | joy humor | competence consciousness |
| community | be understood | numor | contribution |
| companionship | trust | PEACE | creativity |
| compassion | warmth | beauty | discovery |
| consideration | vv ar mun | communion | efficacy |
| consistency | PHYSICAL WELL- | | effectiveness |
| | | ease | |
| empathy | BEING | equality | growth |
| inclusion | air | harmony | hope |
| intimacy | food | inspiration | learning |
| love | movement/exercise | order | mourning |
| mutuality | rest/sleep | | participation |
| nurturing | sexual expression | AUTONOMY | purpose |
| respect/self-respect | safety | choice | self- |
| - | shelter | freedom | expression |
| | touch | independence | stimulation |
| | water | space | to matter |
| | | spontaneity | understanding |

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