

Needs Inventory

The following list 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 / self-acceptance
affection
appreciation
belonging
caring
closeness
communication
community
companionship
compassion
consideration
consistency
cooperation
dignity
emotional safety
empathy
familiarity
fellowship
inclusion
interdependence
intimacy
love
mutuality
nurturing
partnership
reciprocity
respect / self-respect
safety
security
self-worth
sensitivity
solidarity
stability
support
to know and be known
to see and be seen
to understand and be understood
trust
warmth

HONESTY

authenticity
congruence
continuity
integrity
presence
transparency

PLAY

adventure
fun
humor
joy
laughter
spontaneity

PHYSICAL WELL-BEING

air
balance
comfort
food
movement / exercise
protection
rest / sleep
relaxation
sexual expression
safety (protection from life-threatening situations)
shelter
thriving
touch
water

AUTONOMY

choice
confidence
freedom
independence
privacy
space

MEANING

aliveness
awareness
awe
celebration of life
challenge
clarity
competence
consciousness
contribution (to exercise one's power by giving that which contributes to life)
creativity
discovery
efficacy
effectiveness
growth
learning
mourning
mystery
participation
purpose
self-expression
stimulation
understanding
wholeness
wonder

PEACE

beauty
ease
equality
equanimity
harmony
inspiration
order
spiritual communion
tranquility