Needs are more than the things we can’t live without. They represent our values, wants, desires and preferences for a happier and/or more meaningful experience as a human. Although we have different needs in differing amounts at different times, they are universal in all of us. When they are unmet, we experience feelings...when they are met, we experience feelings.

**CONNECTION**
- Acceptance
- Affection
- Appreciation
- Authenticity
- Belonging
- Care
- Closeness
- Communication
- Communion
- Community
- Companionship
- Compassion
- Consideration
- Empathy
- Friendship
- Inclusion
- Inspiration
- Intimacy
- Love
- Mutuality
- Nurturing
- Partnership
- Presence
- Respect/Self-respect
- Security
- Self-Acceptance
- Self-Care
- Self-Connection
- Shared Reality
- Stability
- Support
- To know and be known
- To see and be seen
- Trust
- Understanding
- Warmth

**PLAY**
- Adventure
- Excitement
- Fun
- Humor
- Joy
- Relaxation
- Stimulation

**PEACE**
- Acceptance
- Balance
- Beauty
- Communion
- Ease
- Equanimity
- Faith
- Harmony
- Hope
- Order
- Peace-of-mind
- Space

**MEANING**
- Awareness
- Celebration
- Challenge
- Clarity
- Competence
- Consciousness
- Contribution
- Creativity
- Discovery
- Efficacy
- Effectiveness
- Growth
- Integration
- Learning
- Mourning
- Movement
- Participation
- Presence
- Progress
- Purpose
- Self-expression
- Stimulation
- Understanding

**PHYSICAL WELL-BEING**
- Air
- Care
- Food
- Movement/exercise
- Rest/sleep
- Safety (protection from harm)
- Sexual expression
- Shelter
- Touch
- Water

**AUTONOMY**
- Choice
- Dignity
- Freedom
- Independence
- Self-Expression
- Space
- Spontaneity