

List of needs

This list is by no means exhaustive. It serves as a resource for identifying one's own needs and understanding the needs of others.

Physiological Needs

physical safety
protection from pain
health
shelter, home
food / water / excretion / breathing / light
maintaining a constant body temperature
sexual needs / reproduction
sleep
rest
movement
space
contact with nature / silence

Connection with oneself, Autonomy

emotional safety
being yourself / authenticity
i matter
self-acceptance
self-trust
emotional expression
self-expression
freedom (emotional, spiritual, physical) / liberty
influence over one's own life
choice of values
choice of dreams and goals
choice of plans and strategies
decision-making
managing one's own resources
effective use of resources
progress, effectiveness
discernment, awareness
consistency
meaning
purpose
hope
"a better world"
spirituality
integrity / consistency with one's values
certainty
clarity
quality
focus
structure, order
spontaneity

Closure

celebrating fulfilled needs and realized dreams
mourning unmet needs
acknowledging endings
accepting limitations
embracing change

Relationships with others (me to others; others to me)

contact
relationship / bond
recognition, acceptance
recognition, appreciation
inclusion / consideration
being seen / heard
acceptance
belonging
kindness / respect
trust
sharing
empathy
understanding
support
comfort
care for me
my care for others / enriching others' lives
feedback on whether my actions have contributed to enriching others' lives
love
intimacy
closeness
touch
sincerity
honesty
justice
privacy
reciprocity
shared experiences / companionship
cooperation
co-responsibility
keeping agreements

Joy of life

being in resources
energy
power (long-term strength and skills, access to them)
emotional well-being
physical well-being
pleasure
comfort / convenience
ease
simplicity
adventure
play / humor
variety
inspiration
challenges
stimulation
creativity
achievements
effectiveness / efficiency
development
passion
beauty
harmony
balance
peace / inner peace
stability

Because I like, I value, I find important, I care about, I need, I want, I long for, it helps me feel good, it gives me energy, it makes me happy.