

NEEDS/VALUES/MOTIVATIONS

A selection of Universal Human Needs, loosely grouped under Sustenance, Safety, Rest, Community, Love, Empathy, Creativity, Autonomy, and Meaning.

<p>SUSTENANCE</p> <p>air food/nourishment health movement/exercise nurturance physical well-being rest/sleep safety sexual expression shelter touch water</p> <p>SAFETY</p> <p>comfort emotional safety order peace predictability privacy protection security stability structure support</p> <p>REST</p> <p>balance calmness ease flow fun harmony laughter peace recreation relaxation silence stillness</p>	<p>COMMUNITY</p> <p>belonging congruence cooperation family help home inclusion mutuality participation shared reality sharing support teamwork trust</p> <p>LOVE</p> <p>acceptance self-acceptance affection appreciation (?) self-appreciation care self-care self-esteem closeness dignity friendship gentleness giving from the heart nurturing passion romance to matter togetherness warmth</p> <p>EMPATHY CONNECTION</p> <p>acknowledgment clarity closeness communication communion companionship</p>	<p>EMPATHY (continued)</p> <p>compassion consideration cooperation self-empathy sexual expression equality (fairness) harmony inclusion intimacy kindness mutuality openness presence reassurance respect to be heard to know and be known to see and be seen to understand and to be understood understanding self-understanding warmth</p> <p>CREATIVITY</p> <p>beauty discovery growth humor joy learning order play pro-activity self-expression self-generation</p> <p>AUTONOMY</p> <p>authenticity choice freedom honesty integrity</p>	<p>AUTONOMY (continued)</p> <p>self-expression space spontaneity self-worth power in your world / influence (independence) presence responsibility transparency</p> <p>MEANING</p> <p>adventure aliveness awareness celebration celebration of life challenge choice of dreams, goals, values and how to fulfill them clarity (competence) consciousness consistency contribution effectiveness efficacy efficiency gratitude (?) hope inspiration interest mourning order productivity purpose self-awareness spiritual communion stimulation (success) to enrich life to matter understanding</p>
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