

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.

AUTONOMY

Choice
Confidence
Freedom
Independence
Privacy
Space

CONNECTION

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect / Self-respect
Safety
Security
Stability
Support
To know
To be known
To see
To be seen
To understand
To be understood
Trust
Warmth

HONESTY

Authenticity
Integrity
Presence
Congruence
Continuity
Transparency

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
Participation
Purpose
Self-expression
Stimulation
Understanding
Wholeness
Wonder

PEACE

Beauty
Spiritual communion
Ease
Equality
Equanimity
Harmony
Inspiration
Order
Tranquility

PHYSICAL WELL-BEING

Air
Balance
Comfort
Food
Movement / Exercise
Rest / Sleep / Relaxation
Sexual expression
Safety (protection from life
threatening situations)
To thrive
Shelter
Touch
Water

PLAY

Joy
Humor
Adventure
Laughter
Spontaneity
Fun