

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs

## WELL BEING

### Safety

confidence  
comfort  
consistency  
courage  
equanimity  
order  
predictability  
protection from harm  
security  
stability  
shelter  
trust, reliability

### Health

abundance  
balance,  
exercise, movement  
flexibility  
food, water, air, shelter  
nutrition, nourishment  
prosperity, richness  
simplicity  
sleep  
sustainability  
wellness

### Peace

beauty  
calm  
ease, flow  
energy, vitality  
enthusiasm  
exuberance  
fun, joy, happiness  
harmony  
humor  
play  
recreation  
rejuvenation  
rest, relaxation  
tranquility, serenity

## CONNECTION

### Care

acceptance,  
affection  
appreciation  
fairness, justice  
generosity  
intimacy, closeness  
kindness  
love  
mattering, importance  
nurturing  
unconditional pos. regard  
valuing, prizing, dignity  
warmth, touch

### Empathy

awareness  
acknowledgment  
communication  
compassion  
consideration  
presence  
recognition  
receptivity  
seeing, being seen  
sensitivity  
understanding

### Community

belonging  
companionship  
collaboration, cooperation  
friendship, fellowship  
help, support  
inclusion, equality  
interdependence  
home  
hospitality, welcoming  
mutuality, reciprocity  
partnership  
team  
synergy

## SELF-EXPRESSION

### Freedom

adventure  
self-actualization  
aliveness  
autonomy, choice  
courage  
creativity  
fun  
growth  
independence  
innovation  
joy, happiness  
spontaneity  
wonder, discovery

### Honesty

authenticity  
congruence  
dependability  
integrity, trust  
openness  
power, empowerment  
presence  
realness  
reliability  
respect, honoring

### Meaning

achievement, success  
appreciation, gratitude  
celebration, mourning  
challenge  
contribution  
efficacy, effectiveness  
excellence, mastery, skill  
inspiration,  
learning, focus  
passion, commitment  
purpose  
structure, discipline  
vision, clarity  
wisdom

