

Needs List

Physiological/Physical needs

Breath
Water/Food
Sleep
Hygiene
Health (including exercise)

Safety/Security needs

Physical security (from violence, aggression, crime, etc.)
Financial
Space/Privacy
Structure, predictability, stability, order
Justice and Mercy (balance)
Relational competence

Esteem needs

Identity
Cultural security (identity in community)
Self-respect (worth)
Respect for others
Contribution
Competence (adequacy)
Achievement/productivity
Expression
Power/Freedom/Control/Agency/Choice

Growth needs

Learn (explore, discover, create, curiosity)
Stewardship (responsibility)

Love/Acceptance/Intimacy needs

Friendship/Social
Support/Nurture
Guidance/Mentoring
Belonging (Family, Community, Higher Power)
Sexual intimacy

Versions of acceptance

—heard
—acknowledged
—recognized
—noticed
—understood
—admired
—appreciated
—approved of
—important
—needed
—valued
—worthy
—respected

Spiritual needs

Connectedness (see love/acceptance)
Mindfulness
—connection w/ and awareness of self
Purpose/meaning (including stewardship)

Hope

Comfort

Rejuvenation

Play
Relaxation/Soothing
Adventure/Excitement
Novelty/Variety
Connection
Excitement
Comfort