NEEDS INVENTORY

Autonomy:
- Freedom
- Choice

Integrity:
- Authenticity
- Self-Value
- Purpose
- Wholeness
- Significance/Meaning
- Creativity

Self-Expression:
- Creativity
- Purpose

Interdependence:
- Appreciation
- Acknowledgment
- Peace
- Community/belonging
- Preservation of Life
- Support
- Co-Creation
- Cooperation
- Consideration
- Mutuality
- Sexual Expression
- Contribution
- Trust

Growth/Nurturing:
- Affection
- Caring
- Learning
- Bonding
- Empathy

Physical Survival:
- Health
- Rest
- Safety
- Procreation

Celebration of Life:
- Celebrate the creation of life
- Celebrate the loss of life (mourning)
- Play
- Humor
- Aliveness

Connection:
- Communication
- Empathy
- Love
- Intimacy
- Friendship
- Companionship
- Family
- Shared Values
- Mattering

Mental:
- Understanding
- Clarity
- Stimulation
- Creativity

Spiritual:
- Beauty
- Awareness
- Connection with Life
- Harmony
- Inspiration
- Order
- Tranquility/Serenity

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