

Human Needs

Well-being

Aliveness
Balance
Body Autonomy
Ease
Emotional Safety
Equality
Flow of Sexual Energy
Harmony
Healing
Health
Integration
Interdependence
Justice
Mourning Loss
Mourning Unfulfilled dreams
Movement
Nature
Order
Physical Safety
Pleasure
Power
Preservation of life
Protection from Harm
Regeneration
Rest
Shelter
Simplicity
Space
Stability
Structure
Sustainability
To Matter
Touch
Vitality

Expression

Adventure
Authenticity
Autonomy
Celebration
Choice
Clarity
Communication
Creativity
Curiosity
Discovery
Effectiveness
Freedom
Fun / Laughter
Gratitude
Growth
Honesty
Humour
Information
Inspiration
Integrity
Learning
Meaning
Openness
Play
Purpose
Receiving
Self Esteem
Self Responsibility
Self worth
Shared Reality
To be Heard
To be Seen
To make a Contribution
Transparency

Connection

Acceptance
Acknowledgement
Appreciation
Awe
Beauty
Being with the unknown
Belonging
Care
Community
Companionship
Compassion
Consideration
Dependability
Empathy
Inclusion
Intimacy
Joy
Kindness
Love
Mutuality
Presence
Receiving
Respect
Seeing myself/others as whole
Sharing
Solidarity
Support
Transcendence
Trust
Understanding
Warmth
Welcome
Wonder

Ceri Buckmaster CNVC Certified Trainer
<https://ceribuckmaster.co.uk/>