HUMAN NEEDS

physical
clean air & water
sustenance
nutrition
movement
rest, sleep
sexual expression
shelter
touch
health

safety
boundaries
emotional safety
privacy
security

autonomy
choice
freedom
independence
power with one's world

consideration
acknowledgement
honoring
respect

consistency
dependability
predictability
stability
reliability

fairness
awareness
equality
justice
mutuality

integrity
authenticity
dignity
honesty
honor
trust

belonging
acceptance
participation
inclusion

harmony
ease
cooperation

contribution
to help others
to enrich life
to serve life
to use one's gifts
to matter
purpose
meaning

competence
accomplishment

clarity
communication
comprehension
discernment
information
shared reality to make sense of one's world

support
nurturing
encouragement
reassurance
understanding
help

being seen
appreciation
being known
recognition
to be seen for one's intentions
to be seen for one's striving
innocence
to have one's story told

community
friendship
companionship to share life's joys
and sorrows
interdependence

intimacy
affection
love
closeness
warmth
presence
bonding
tenderness

celebration
mourning

self-love
self-confidence
self-connection
self-expression
self-forgiveness
self-nurturing
self-worth

order
peace
beauty
comfort
grounding
structure

compassion
empathy
kindness
grace
forgiveness

leisure
relaxation

growth
learning
discovery
new experiences
challenges
stimulation

expression
creativity
individuality
differentiation

play
fun
spontaneity
joy
humor
laughter
aliveness

inspiration
heroes
ideals
hope

transcendence
communion
faith
flow
goodness
unity

FAUX NEEDS (STRATEGIES IN DISGUISE)

control… a strategy trying to meet needs for safety, security, predictability, power in one's world
space… a strategy trying to meet needs for self-connection, autonomy, individuality, choices
approval… a strategy for appreciation, recognition, belonging, to matter, to be valued
venting… a (costly) strategy for empathy, connection, to be heard, understanding **money…** a strategy for sustenance, security, freedom, choices, efficiency

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