

LIST OF NEEDS

Mental

Comfort
Safety
Balance
Stability
Peace in Mind
Ease

Physical

Space
Privacy
Affection
Exercise
Warmth
Movement

Emotional

Feeling
Sensation
Passion
Heart-warming
Sentiment
Joy

Community

Group
Company
People
Society
Nation
Companion
Play
Friendship

Sexual

Intimate
Passion
Attraction
Connection
Mutuality
Love
Security
Trust

Spiritual

Meaning
Purpose
Inspiration
Hope
Growth
Harmony
Inner Peace
Consistency

Basic Needs

Food	Choice
Shelter	Freedom
Water	Respect
Clothing	Support
Warmth	Appreciation
Sleep/rest	Clean Air