

PRIMARY CATEGORIES of NEEDS	<b>NEEDS // More Descriptive Words:</b>
PHYSICAL WELL BEING	air, food, movement/exercise, rest, sleep, sexual expression, safety, shelter, touch, water
CONNECTION	acceptance, affection, appreciation, belonging, cooperation, communication, closeness, community, companionship, compassion, consistency, empathy, inclusion, intimacy, love, mutuality, nurturing, respect, self-respect, safety, security, stability, support, to know and be known, to see and be seen, to understand/be understood, trust, warmth
HONESTY	authenticity, integrity, presence
PLAY	curiousness, joy, humor, playfulness, silliness
MEANING	awareness, celebration of life, challenge, clarity, competence, consciousness, contribution, creativity, discovery, effectiveness, growth, hope, learning, mourning, participation, purpose, self-expression, stimulation, to matter, understanding
AUTONOMY	choice, confidence, freedom, independence, space, spontaneity
PEACE	beauty, communion, easy, equality, harmony, inspiration, order