



Needs

Safety & Trust

Play, Fun

Learning

Contribution

Autonomy & Choice

Physical Nurturance

air, exercise, food, protection, rest, sexual expression, shelter, touch, water

Relationship with Yourself

acceptance, achievement, authenticity, challenges, clarity, competence, creativity, integrity, to recognize your gifts and talents, meaning, self-empathy, self-expression, self-worth

Relationship with Others

belonging, to share life's joys and sorrows, closeness, community, consideration, co-operation, emotional safety, empathy, honesty, kindness, love, privacy, respect, to share gifts and talents, support, to matter, trust, understanding, warmth

Relationship with the World

beauty, contact with nature, harmony, hope, inspiration, order, peace

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