

"THE NEEDS LIST"

from Chapter 4 of "Your Relationship with You: How to Live Life by Your Rules"

MEANING - awareness,
celebration, challenge,
clarity, competence,
contribution, creativity,
discovery, growth, hope,
mourning, purpose,
participation, self-
expression

PHYSICAL WELL BEING
- air, food, movement,
rest, sleep, sexual
expression, safety,
shelter, touch, water

CONNECTION -
acceptance, affection,
appreciation, belonging,
cooperation,
communication,
closeness, community,
companionship,
consideration, empathy,
inclusion, intimacy, love

AUTONOMY -
choice, freedom,
independence,
space, spontaneity

HONESTY -
authenticity,
integrity,
presence

PLAY -
joy
laughter
music
dance
humor