



Some words for basic **needs** that all people have in common

Needs are universal and contain no reference to specific persons or specific actions.

Needs are, as far as possible, a noun, and not a verb or an adjective.

Needs are ascriptive. The inner life, motivation and energy are indescribable.

Need words are like the map, and the inner life is like the landscape. Two completely different things.

Play

ease
fantasy
friendship
fun
humour
laughter
recreation

protection
rest
safety
sexual expression
shelter
touch
tranquility
warmth
water

gratitude
Help
honesty (about me)
hope
inclusion
influence
intimacy
justice
love
participation
"power with"
predictability
respect
security
self-respect
stability
structure
support
to be seen and heard
to matter
trust
understanding
warmth

Autonomy

freedom
spontaneity
to choose one's own
dreams, goals,
and values.
to choose oneself
how to realise
one's dreams,
goals and values.

Learning

challenge
development
discovery
growth
stimulation

Mutuality
to contribute to
enrich the life of
oneself and others
acceptance
appreciation
balance
be seen for my
intention
belonging
care
change
closeness
collaboration
community
compassion
competence
confirmation/validation
connection
consideration
effectivity
emotional
security
empathy
equality
freedom

Celebration

to celebrate
creation of life and
fulfilled dreams
to commemorate the
loss of loved ones
or dreams (mourn)
to take the time to
remember our
incredible power to
enrich life

Integrity

(consistency
*between action and own
values*)
authenticity
choice
creativity
effectivity
genuine
identity
meaning
self confidence
self-worth

Spiritual communion

beauty
clarity
consciousness
harmony
inspiration
order
peace
purpose

Physical needs

air
food
light
movement

The cause of emotion is sought in the inner life in the form of needs:

*I feel ... **because** I have a need for ... Do you feel ... **because** you have a need for ...?*

The list is for inspiration, it is not exhaustive.

