

Basic Human Needs

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<p>CONNECTION acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration 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 and be understood trust warmth</p>	<p>PHYSICAL WELL- BEING air food movement/exercise rest/sleep sexual expression safety shelter touch water</p> <p>HONESTY authenticity integrity presence</p> <p>PLAY joy humor</p> <p>PEACE beauty communion ease equality harmony inspiration order</p>	<p>MEANING awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding</p> <p>AUTONOMY choice freedom independence space spontaneity</p>
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