

BASIC HUMAN LONGINGS/NEEDS

Connection	Acceptance	Affection	Appreciation
Belonging	Cooperation	Communication	Closeness
Community	Companionship	Compassion	Consideration
Consistency	Empathy	Inclusion	Intimacy
Love	Mutuality	Nurturance	Respect/Self-Respect
Support	Transparency	Trust	Warmth
Well-being of Others	Meaning	Creation	God's Presence
Grace	Awareness	Celebration	Challenge
Clarity	Competence	Consciousness	Contribution
Creativity	Discovery	Efficacy	Effectiveness
Growth	Learning	Mourning	Participation
Purpose	Self-Expression	Stimulation	Understanding
Play	Joy	Humor	Peace
Beauty	Communion	Ease	Equality
Harmony	Inspiration	Order	Honesty
Authenticity	Integrity	Presence	Physical Well-Being
Air	Food	Movement	Exercise
Rest	Sleep	Shelter	Touch
Sexual Expression	Water	Autonomy	Choice
Freedom	Spontaneity		