

List Of Underlying Needs

Safety

Balance
Compassion
Consistency
Predictability
Presence
Privacy
Reliability
Respect/Self-Respect
Rest
Safety
Security
Stability
Touch
Trust

Realistic Limits

Consciousness
Consideration
Contribution
Cooperation
Equality
Fairness
Mutuality
Participation
Reciprocity

Self-Worth

Acceptance
Appreciation
Challenge
Effectiveness
Growth
Hope
Meaning
Praise
Progress
Purpose
Reassurance
To Know and Be Known
To See and Be Seen
To Matter
Validation

Self-Expression

Authenticity
Clarity
Creativity
Fun
Honesty
Humor
Inspiration
Integrity
Passion
Sexual Expression
Transparency

Connection

Affection
Attention
Awareness
Belonging
Celebration
Closeness
Communication
Community
Companionship
Empathy
Guidance
Harmony
Inclusion
Intimacy
Love
Nurturing
Support
Tenderness
Understanding
Warmth

Autonomy

Adventure
Choice
Discovery
Freedom
Independence
Space
Spontaneity
Stimulation