

Interdependent human needs

CONNECTION	CONNECTION continued	HONESTY	MEANING
acceptance	safety	authenticity	awareness
affection	security	integrity	celebration of life
appreciation	stability	presence	challenge
belonging	support	PLAY	clarity
cooperation	to know and be known	joy	competence
communication	to see and be seen	humour	consciousness
closeness	to understand and be understood	PEACE	contribution
community	trust	beauty	creativity
companionship	warmth	communion	discovery
compassion	PHYSICAL WELL-BEING	ease	efficacy
consideration	air	equality	effectiveness
consistency	food	harmony	growth
empathy	movement/exercise	inspiration	hope
inclusion	rest/sleep	order	learning
intimacy	sexual expression	AUTONOMY	mourning
love	safety	choice	participation
mutuality	shelter	freedom	purpose self-expression
nurturing	touch	independence	stimulation
respect/self-respect	water	space	to matter
		spontaneity	understanding