

NEEDS INVENTORY

Underline Your Top 20 Words

1. Autonomy

- Freedom
- Choice
- Individuality
- Independence
- Self Empowerment
- Solitude

2. Nurturance

- Touch
- Physical Affection
- Warmth - Caring
- Tenderness
- Comfort
- Bonding

3. Integrity

- Self-Worth
- Self-Respect
- Authenticity
- Honesty - Values
- Purpose
- Vision - Dreams

4. Social – Emotion: Interdependence

- Respect – Fairness - Consideration
- Connection - Communication – Closeness
- Support – Cooperation – Empathy
- Trust - Reassurance – Certainty
- Equality – Tolerance – Justice
- Being Heard - Understanding
- Appreciation – Admiration
- Love - Affection - Acceptance - Being Liked
- Predictability - Consistency - Reliability - Stability
- Contribution - Giving – Serving
- Emotional Safety - Emotional Freedom - Relaxation
- Friendship - Companionship - Sharing - Intimacy
- Acknowledgement - Recognition - Validation
- Community - Family

5. Mental

- Stimulation
- Understanding – Clarity
- Comprehend
- Information, Financial Security
- Awareness – Consciousness
- Reflection - Analyzing – Thinking
- Discrimination

6. Spiritual Energy

- Beauty - Aesthetic
- Harmony - Peace
- Order - Grace
- Communion
- Inspiration
- Being - Beingness
- Ritualize The Sacred

7. Self-Expression

- Creativity
- Meaning
- Growth
- Mastery
- Teaching
- Healing
- Goals

8. Celebration of Life

- Play - Humor
- Passion - Intensity
- Stimulation - Excitement
- Exercise - Movement
- Pleasure - Delight
- Mourning of: *Moments, Loved Ones, Dreams*

9. Physical Survival

- Rest
- Shelter
- Air
- Food
- Safety
- Protection
- Water
- Sex
- Safety & Protection from life threatening diseases: viruses, bacteria, insects, predatory animals (human beings)

10. Relationships

- Honor & Respect
- Security of Home & Family
- True Love
- Freedom to Choose