



**List of Needs**

*Creative Wellbeing Workshops, LLC*

<p><b><u>CONNECTION</u></b></p> <p>Acceptance Affection Appreciation Belonging Cooperation Communication Closeness Community Companionship Compassion Consideration Consistency Dignity Empathy Honesty Inclusion Intimacy Love Mutuality Nurturing Respect/Self-Respect Safety Security Stability Support To Know To Be Known To See To Be Seen To Understand To Be Understood Trust Warmth</p>	<p><b><u>PHYSICAL WELL-BEING</u></b></p> <p>Air Food Movement/Exercise Rest/Sleep Sexual Expression Safety Shelter Touch Water</p> <p><b><u>PLAY</u></b></p> <p>Joy Humor</p> <p><b><u>TRANSCENDENCE</u></b></p> <p>Beauty Communion Faith Flow Hope Inspiration To Mourn Peace of Mind Celebration of Life Presence Peace Communion Harmony</p> <p><b><u>SECURITY</u></b></p> <p>Consistency Equality Order/Structure Peace (external) Protection Safety (emotional) Stability Trusting</p>	<p><b><u>AUTONOMY</u></b></p> <p>Authenticity Choice Freedom Independence Integrity Space Spontaneity Ease</p> <p><b><u>MEANING</u></b></p> <p>Awareness Challenge Clarity Competence Consciousness Contribution Creativity Discovery Efficacy Effectiveness Growth Hope Learning Participation Purpose Self-Expression Stimulation To Matter Understanding</p> <p>Adapted from <a href="https://www.nonviolentcommunication.com/">Center for Nonviolent Communication</a></p>
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