

Needs Inventory

Freedom:

- Ⓢ Freedom
- Ⓢ Choice
- Ⓢ Independence
- Ⓢ Power
- Ⓢ Self-Responsibility
- Ⓢ Space
- Ⓢ Spontaneity
- Ⓢ Autonomy

Meaning:

- Ⓢ Authenticity
- Ⓢ Self-Value
- Ⓢ Purpose
- Ⓢ Wholeness
- Ⓢ Significance/Meaning
- Ⓢ Creativity
- Ⓢ Beauty/Inspiration
- Ⓢ Honesty
- Ⓢ Integrity/Dignity
- Ⓢ Self Acceptance/ Self Knowledge
- Ⓢ Mattering to Myself
- Ⓢ Growth/Challenge/Exploration
- Ⓢ Contribution
- Ⓢ Effectiveness

Security:

- Ⓢ Order/Structure
- Ⓢ External Peace
- Ⓢ Peace of Mind
- Ⓢ Protection
- Ⓢ Emotional Safety
- Ⓢ Stability
- Ⓢ Trust
- Ⓢ Purpose

Physical & Survival:

- Ⓢ Health
- Ⓢ Rest
- Ⓢ Safety
- Ⓢ Movement

Connection:

- Ⓢ Affection/Caring
- Ⓢ Community/Belonging/Inclusion
- Ⓢ Support/Care/Kindness
- Ⓢ Co-Creation
- Ⓢ Cooperation
- Ⓢ Consideration
- Ⓢ Mutuality/Sharing/Shared Values
- Ⓢ Companionship
- Ⓢ Friendship
- Ⓢ Harmony/Partnership
- Ⓢ Intimacy/Closeness
- Ⓢ Empathy
- Ⓢ Warmth/Tenderness
- Ⓢ Communication

To Matter:

- Ⓢ Appreciation
- Ⓢ Acknowledgment
- Ⓢ Recognition
- Ⓢ Acceptance
- Ⓢ Care/Compassion
- Ⓢ Learning
- Ⓢ Love
- Ⓢ Empathy
- Ⓢ Respect
- Ⓢ Being Heard/Seen/Known

Relaxation:

- Ⓢ Play/Humor
- Ⓢ Joy/Pleasure
- Ⓢ Rejuvenation
- Ⓢ Tranquility/Serenity
- Ⓢ Calm
- Ⓢ Harmony

Mental:

- Ⓢ Understanding
- Ⓢ Clarity/Awareness
- Ⓢ Stimulation
- Ⓢ Creativity