



Touch



Words that describe the life-serving energy that motivates and sustains us. Identifying our needs helps us take specific and measurable actions so that everyone can get their needs met and lead a better life.



Tenderness



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Kindness



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Nurturance



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Fairness/Justice



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Accomplishment



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Competence



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Learning/Growth



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Power with



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Recognition



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To be seen for your true intentions



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Sharing



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Companionship



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Intimacy



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To Belong



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Solitude



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Clarity



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Compassion



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Grieving visions and dreams unfulfilled



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Visions and dreams



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Autonomy



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Choice



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Celebration



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Grieving/Honoring loss



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Authenticity



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Meaning



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Integrity



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Creativity



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Acceptance



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Community



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Shared Reality



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Connection



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Appreciation



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Consideration



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Ease



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Interdependence



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Empathy



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Love



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Honesty



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Support



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Trust



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Understanding



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Beauty



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Inspiration



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Harmony



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Order



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Peace



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Laughter



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Fun



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Play



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Food/water/ air/shelter



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Sensory stimulation



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Physical movement



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Honoring agreements



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Rest



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Physical safety



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