
Our List of Shared Needs

Compassion

Physical Well-Being

Freedom

Equality

Safety

Meaning

Play/Fun

Trust

Other

Sample List of Shared Needs

Compassion

acceptance
affection
belonging
closeness
community
empathy
friendship
inclusion
love
nurturing
respect
self-respect

Physical Well-Being

air
exercise
food
nature
rest
relaxation
shelter
sleep
water

Freedom

choice
confidence
education
independence
knowledge
self-expression
space

Equality

equal rights
fairness
justice
reciprocity

Safety

home
peace
security
stability
shelter

Meaning

direction
mattering to others
purpose
self-worth
understanding

Enjoyment

beauty
creativity
fun
games
humor
play

Trust

acceptance
consistency
honesty
integrity
openness
order

Other