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## Our List of Shared Needs

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**Compassion**

**Physical Well-Being**

**Freedom**

**Equality**

**Safety**

**Meaning**

**Play/Fun**

**Trust**

**Other**

## Sample List of Shared Needs

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### **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**