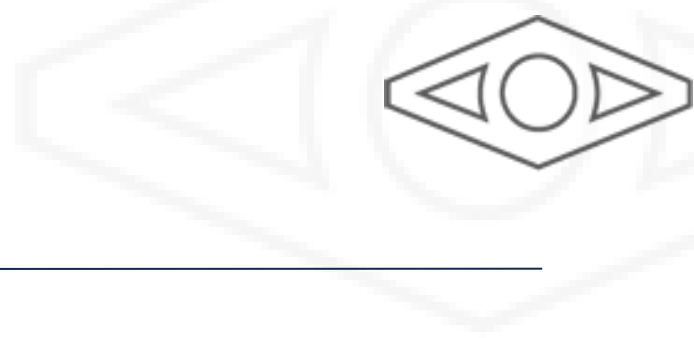


# NEEDS WORDS

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## CONNECTION

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect  
safety  
security  
stability  
support  
to know and be  
known  
to see and be seen  
to understand and  
be understood  
trust  
warmth

## PHYSICAL WELL-BEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

## HONESTY

authenticity  
integrity  
presence

## PLAY

joy  
humor

## PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

## MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to matter  
understanding  
  
AUTONOMY  
choice  
freedom  
independence  
space  
spontaneity