

Needs

<p><u>POWER</u></p> <p>acknowledgement completion effectiveness empowerment mastery purpose</p>	<p><u>SECURITY</u></p> <p>certainty consideration health order predictability protection purpose safety shared reality shelter stability structure sustenance worth</p>	<p><u>SUPPORT</u></p> <p>appreciation collaboration contribution empathy kindness partnership reassurance to be heard warmth</p>	<p><u>AUTONOMY</u></p> <p>awareness choice consciousness faith flow freedom independence individuality peace presence privacy reflection space spirituality wonder</p>
<p><u>ANALYSIS</u></p> <p>accuracy challenge clarity comprehension information self-expression understanding</p>	<p><u>PRODUCTIVITY</u></p> <p>competence cooperation efficacy efficiency fulfillment learning order progress recognition</p>	<p><u>COMFORT</u></p> <p>acceptance affection bonding closeness compassion emotional safety inclusion love nurturance touch self-care</p>	<p><u>RELAXATION</u></p> <p>aesthetics balance ease flow harmony humor joy pleasure rejuvenation rest restoration</p>
<p><u>CLARITY</u></p> <p>authenticity awareness communication consistency honesty meaning openness respect to be known</p>	<p><u>INTEGRITY</u></p> <p>accountability be understood consideration equality fairness justice reliability to be seen trust truth validation</p>	<p><u>CONNECTION</u></p> <p>belonging community companionship family fellowship friendship intimacy mutuality shared experience to matter</p>	<p><u>EXCITEMENT</u></p> <p>adventure celebration creativity exploration fun growth inspiration novelty passion play spontaneity stimulation</p>