

## **NEEDS: A VOCABULARY OF BECOMING**



### **SUBSISTENCE**

Clean Air & Water  
Food  
Rest  
Shelter

### **PROTECTION/SECURITY**

Fairness  
Honesty  
Justice  
Keeping Agreements  
Nurturance  
Openness  
Order  
Safety  
Stability  
Trust

### **PARTICIPATION**

Accomplishment  
Action  
Belonging  
Capacity  
Community  
Competence  
Connection  
Dependability  
Encouragement  
Harmony  
Mutuality  
Opportunities to Help Others  
Power Within One's World  
Recognition  
Respect  
Support  
To Enrich Life  
To Serve Life

### **CREATION**

Creativity  
Expression  
Inspiration

### **AFFECTION**

Companionship  
Intimacy  
Kindness  
To Matter to Someone

### **IDENTITY/MEANING**

Acknowledgement  
Appreciation  
Challenges  
Clarity  
Integrity  
Learning New Skills  
Privacy  
Self-Development  
Shared Reality  
To Be Seen For One's Striving  
To Be Seen For One's Intentions  
To Be Someone  
To Make Sense of One's World

### **LEISURE**

Celebration  
Comfort & Ease  
Play & Fun  
Recreation

### **FREEDOM**

Autonomy  
Choices  
To Speak One's Mind

### **UNDERSTANDING**

Consideration  
Empathy  
Peace of Mind  
To Be Heard

### **TRANSCENDENCE**

Beauty  
Love  
Peace  
Rhythm