Need Vocabulary
abstract, general, positive, independent of person or situation

May 2021

Physical needs

Accomodatioon	Food	Protection	Water
Air	Health	Sexuality	
Body contact	Movement	Sleep	

Personal needs

Achieve goals	Contribute	Humor	Privacy
Activation of own resources	Convenience	Individuality	Promotion
Advancement	Courage	Inspiration	Protection
Adventure	Creativity	Joy	Realize visions and dreams
Appreciation	Development	Joy of life	Relaxation
Assume responsibility	Dreams and values	Learning	Respect
Authenticity	Ease	Liveliness	Rest
Autonomy	Economic security	Living	Safety
Be able to use talents	Education	Love	Self-confidence
	Effectiveness	Luck	Self-respect
Can make Own experiences	Empathy	Motivation	Sense
Centeredness	Enthusiasm	Mourning	Serenity
Challenge	Equality	Order	Spirituality
Comfort	Flexibility	Orientation	Spontaneity
Commitment	Force	Peace	
Competence	Freedom	Personal fulfilment	Understanding
Concentration	Freedom of decision	Personal growth	Value orientation
Consistency	Fun	Personal initiative	Variety
Contentment	Health	Play	

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Needs in contact with others

Acceptance	Comfort	Fairness	Partnership
Acknowledgement	Community	Friendship	Peace
Appreciation	Communication (at eye level)	Give	Predictability
Authenticity	Compassion	Gratitude	Privacy
Awareness	Comprehension	Harmony	Protection
Backing	Connection	Honesty	Quality
Balance	Consideration	Humor	
Belonging	Cooperation	Inclusion	Relationships
Be perceived	Creativity	Information	Reliability
Be seen and heard	Credibility	Innovation	Respect
Being included	Diversity	Integrity	Sincerity
Being taken seriously	Emotional safety	Joy	Shape
Caring	Encouragement	Keeping agreements	Space
Celebrate - celebrate successes	Entertainment	Love	Spontaneity
Challange	Equivalence	Mutuality	Support
Clarity	Exchange	Openness	Transparency
Closeness	Facilitation	Orientation	Trust