

Needs Inventory

**FREEDOM /
IDENTITY**
autonomy
choice
freedom
independence
self-expression
space
spontaneity

MORALITY
acceptance
authenticity
compassion
generosity
honesty
integrity
presence
respect
responsibility
truth

PEACE
beauty
ease
equality
harmony
inspiration
order

PLAY
celebration
joy
humor

**PARTICIPATION /
COMMUNITY**
appreciation
autonomy
belonging
communication
community
companionship
consideration
contribution
cooperation
inclusion
family / friendship
mutuality
respect
support
to see & be seen

**MEANING /
UNDERSTANDING**
awareness
clarity
consciousness
empathy
hope
mourning
purpose
to matter
to hear & be heard
to understand &
be understood

**CREATIVITY /
KNOWLEDGE**
challenge
creativity
competence
discovery
efficacy
effectiveness
exploration
growth
learning
self-expression
stimulation
to know & be known

AFFECTION
closeness
intimacy
love
nurturing
respect
sexual expression
touch
warmth

**SAFETY /
PROTECTION**
caring
consistency
health
healthy environment
security
shelter
stability
trust

SUBSISTENCE
air
food
movement/exercise
rest/sleep
shelter
water

*Compassion 'n Action
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This list is adapted from the list on www.cnvc.org*