



List of needs

Autonomy

Celebration

Integrity

- Authenticity
- Creativity
- Meaning
- Self-worth

Interdependence

- Acceptance
- Appreciation
- Closeness
- Community
- Consideration
- Contribution to the enrichment of life
- Emotional safety
- Empathy
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love
- Reassurance
- Respect
- Support
- Trust
- Understanding
- Warmth

Physical nurturance

- Air
- Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects,
- Rest
- Sexual expression
- Shelter
- Touch
- Water

Play

Edith Sauerbier
www.mediation-und-kommunikation.de



Spiritual communion

Beauty
Harmony
Inspiration
Order
Peace

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