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LIST OF  
**NEEDS**

ACKNOWLEDGEMENT

- Appreciation
- Awareness
- Celebration
- Consideration
- Mattering
- Mourning
- Recognition
- Respect

ATTENTION

- Presence
- To be seen
- To be heard

AUTONOMY

- Act freely
- Competence
- Choose freely
- Choice
- Distance
- Efficacy
- Effectiveness
- Empowerment
- Freedom
- Independence
- Privacy
- Space
- Spontaneity

GROWTH

- Challenge
- Creativity
- Discovery
- Learning
- Stimulation

FAIRNESS

- Equity
- Equality
- Justice

CONNECTION

- Acceptance
- Affection
- Belonging
- Care
- Closeness
- Caring
- Collaboration
- Community
- Communication
- Companionship
- Compassion
- Consideration
- Consciousness
- Contribution
- Cooperation
- Empathy
- Inclusion
- Intimacy
- Friendship
- Love
- Nurturing
- Respect
- Support
- Understanding
- Participation
- Warmth

PEACE

- Beauty
- Calm
- Communion
- Ease
- Harmony
- Hope
- Inspiration
- Serenity
- Reassurance



PLAY

- Fun
- Joy
- Humor
- Laughter
- Recreation

INTEGRITY

- Authenticity
- Creativity
- Genuineness
- Meaning
- Purpose
- Self-expression
- Self Respect
- Self worth

PHYSICAL NURTURING

- Air
- Food
- Flourishing
- Movement
- Protection
- Safety
- Security
- Stability
- Rest
- Relaxation
- Sexual expression
- Shelter
- Touch
- Water

TRUST

- Accountability
- Clarity
- Commitment
- Consistency
- Credibility
- Dependability
- Emotional safety
- Honesty
- Honor
- Reliability
- Order