

# ***HUMAN NEEDS: CONNECTION***

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**Acceptance / Appreciation**

**Affection / Warmth**

**Belonging / Community**

**Communication**

**Companionship**

**Compassion**

**Consideration**

**Consistency**

**Cooperation**

**Empathy**

**Equality / Mutuality**

**Heard / Seen / Known**

**Intimacy / Closeness**

**Love**

**Nurturing**

**Presence / Awareness**

**Respect / Self-Respect**

**Safety / Security**

**Sexual Expression**

**Touch**

**Trust**

**Understood / Understanding**

# ***HUMAN NEEDS: AUTONOMY***

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**Air / Food / Water**  
**Challenge / Purpose**  
**Choice / Freedom**  
**Competence**  
**Consistency / Stability**  
**Efficacy / Effectiveness**  
**Growth / Learning**  
**Harmony / Ease**  
**Honesty / Integrity**  
**Hope / Inspiration**  
**Independence**

**Joy / Play / Humor**  
**Matter / Meaning**  
**Movement / Exercise**  
**Order / Predictability**  
**Participation / Contribution**  
**Peace / Calm**  
**Physical Well-Being**  
**Rest / Sleep / Shelter**  
**Space / Privacy**  
**Spirituality**  
**Stimulation / Discovery**