Human Needs Chart

- **autonomy**: choice, freedom, independence, power with one's world
- **belonging**: acceptance, participation, inclusion
- **being seen**: appreciation, being known, recognition
- **contribution**: meaning, purpose, to help others, to enrich life, to matter, to serve life, to use one's gifts
- **clarity**: communication, comprehension, discernment, information, shared reality, to make sense of one's world
- **expression**: creativity, individuality, differentiation
- **integrity**: authenticity, dignity, honesty, honor, trust
- **physical**: clean air & water, health, movement, nutrition, rest & sleep, sexual, expression, shelter, sustenance, touch
- **celebration**: mourning
- **community**: companionship, friendship, interdependence, to share joys and sorrows
- **fairness**: awareness, equality, justice, mutuality
- **intimacy**: affection, bonding, closeness, love, presence, tenderness, warmth
- **play**: fun, spontaneity, joy, humor, laughter, aliveness
- **safety**: boundaries, emotional safety, privacy, security
- **support**: encouragement, help, nurturing, reassurance, understanding
- **transcendence**: communion, faith, flow, goodness, unity
- **Faux Needs (Strategies in Disguise)**
  - **approval**: a strategy for appreciation, recognition, belonging, to matter, to be valued
  - **control**: a strategy trying to meet needs for safety, security, predictability, power in one's world
  - **money**: a strategy for sustenance, security, freedom, choices, efficiency
  - **space**: a strategy trying to meet needs for self-connection, autonomy, individuality, choices
  - **venting**: a (costly) strategy for empathy, connection, to be heard, understanding