



INNERLIFE
ADVENTURES

(Some) Basic Human Needs

CONNECTION

Acceptance
Affection
Appreciation
Balance
Belonging
Care/Self-Care
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Faith
Information
Inclusion
Intimacy
Love
Mutuality
Nurturing
Partnership
Respect/Self-respect
Safety
Security
Shared Reality
Stability
Support
Sustainability
To know and be known
To see and be seen
To understand and be understood
Trust
Warmth

HONESTY

Authenticity
Integrity
Presence

PLAY

Joy
Humor
Fun
Adventure

PEACE

Beauty
Balance
Communion
Ease
Faith
Harmony
Inspiration
Order

PHYSICAL WELL-BEING

Air
Comfort
Food
Movement/exercise
Relaxation
Rest/sleep
Sexual expression
Safety
Shelter
Touch
Water

MEANING

Awareness
Celebration
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
Perspective
Self-expression
Stimulation
To matter
Understanding

AUTONOMY

Agency
Choice
Freedom
Independence
Space
Spontaneity

Adapted from Non Violent Communication (NVC)