

Explanation of needs

This explanation is intended to raise awareness about what a need could mean. Everyone has his or her own words for it. Researching and becoming aware of the personal meaning, is a necessary step in being able to recognize and acknowledge ones own needs.

Every need can manifest itself on physical, emotional, cognitive, relational as well as spiritual level. And can be fulfilled at every level in many ways.

1. Acceptance: see what is or has been and leave it, without wanting to change anything giving it a place
2. Air: oxygen / space
3. Authenticity: identity
4. Autonomy: choosing, deciding and doing it yourself
5. Beauty: enjoyment on the basis of wonder
6. Care: expressing support
7. Celebrating life: acknowledge what arises from wonder and beauty
8. Celebrating loss (mourning): acknowledge pain and sadness about letting go
9. Certainty: experience/conviction of guaranteed safety
10. Compassion: expressed natural curiosity
11. Connection: contact
12. Contemplation: thinking/(self)reflection without action perspective; possible on emotionally level and with various senses; relive
13. Contributing: tangible or intangible addition or support
14. Creativity: (re) creating potential
15. Food: organic matter which is to build and maintain the body
16. Fulfillment: filled with or of / saturated
17. Harmony: in accordance with what is and what is natural, also with differences
18. Humor: what generates natural gaiety and laughter (in contrast to gallows humor a cynicism)
19. Inspiration: what motivates to move
20. Integrity: acting from authenticity / from inner values
21. Learning/growth: prospects and opportunities for expanding acting and expressing
22. Light: that what makes things visible / the opposite of heavy
23. Meaning: add, get or have value
24. Movement: by moving muscle or strength of mind / change
25. Nearness: being close
26. Protection: protection against physical, emotional or psychological harm
27. Order : natural order of things, such as tides, day and night, seasons
28. Peace: experiencing inner peace regardless of the turmoil around you
29. Play: with fun, creative expression
30. Pleasure: experience of pleasurable excitement and satisfaction / fun
31. Reassurance: inner peace (recover) by knowing that things are essential and naturally, for example: the sun is shining behind the clouds; everything passes; in darkness light can shine, time heals all wounds
32. Recognition: awareness of what is and expressing it
33. Respect: letting wat is without a need or desire to change it
34. Rest: free of crowds, burden and inconvenience

35. Safety: freedom from danger
36. Self-expression: give expression to what is alive within you
37. Sexual expression: express sexuality in thought and action
38. Share: handing/giving of something that is
39. Shelter: screening for physical, emotional or mental distress
40. Space: place to be
41. Support: providing relief
42. Tenderness: touching from softness
43. Touch: touch of mind and/or body
44. Transparency: transparent/clear/bright
45. Trust: assume that what is and is coming, is actually so
46. Unity: oneness
47. Warmth: experiencing certain temperature or affection
48. Water: liquid conditional for life
49. Wholeness: integrity/complete

