

The World of Deep Needs – Some human needs that underlie our behaviours

Check in with yourself: What Am I Needing on a Deep Level?

Emotional	Physical	Spiritual
Love, Connection	Physical Safety,	Harmony, Beauty
Intimacy, Appreciation	Food, Water, Shelter	Celebration, Honoring
Trust, Respect, Empathy	Nourishment, Rest	Space, Self-Realization
To Be Heard, To Hear	Sleep, Sexual Expression	Communion
Listening, To Be Seen	Air, Movement	Integrity, Clarity
To Be Valued, Worthiness	Sensuality, Vitality	Choice, Autonomy
Playfulness, Fun	Sleep, Touch	Meaning, Creativity
To Contribute to Others	Health, Protection	Learning, Growth
Acceptance, Belonging	To Protect Others	Authenticity
Consideration, Cooperation	Survival	Faith
Honesty, Support		
Understanding , Acknowledgment		

There are many more needs you may identify and add to the list!

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