

Needs & Strategies: Identify Them / Differentiate Between Them

Activity:

- Write / jot down something that's really working or really not working for you right now. Choose something that's not too emotionally charged (e.g. "my morning routine" or "my desk setup")

- What need(s) does your success or problem come from? What core desires and needs are underneath? Use the list of human needs below to help you identify 1-3 core needs

- Brainstorm ~10 different ways to meet that need - these are strategies!

Universal Human Needs – Partial List

(without reference to specific people, time, actions, things)

Subsistence and Security

Physical Sustenance

Air
Food
Health
Movement
Physical Safety
Rest / sleep
Shelter
Touch
Water

Security

Consistency
Order/Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trusting

Freedom

Autonomy

Choice
Ease
Independence

Power
Self-responsibility
Space
Spontaneity

Leisure/Relaxation

Humor
Joy
Play
Pleasure
Rejuvenation

Connection

Affection

Appreciation
Attention
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual Expression
Support
Tenderness
Warmth

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutual Recognition
Respect
To be heard, seen
To be known, understood
To be trusted
Understanding others

Community

Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality
Participation
Partnership
Self-expression
Sharing

Meaning

Sense of Self

Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-acceptance
Self-care
Self-connection
Self-knowledge
Self-realization
Mattering to myself

Understanding

Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation

Meaning

Aliveness
Challenge
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Celebration of life
Communion
Faith
Flow
Hope
Inspiration
Mourning
Peace (internal)
Presence

This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.