

List of Needs

Do you want ...? Do you need...? Is it important to you that ...? Do you wish ...?

Autonomy / freedom / self-determination	that you can decide for yourself what is good for you / what you want to do now? / you can decide? / you have something to say?
Respect	that someone listens to you? / that people care about each other?
Belonging	that you belong to someone or to a group?
Fun	that people laugh and have joy?
Friendship	that you have friends you can count on?
Appreciation	that others see how hard you try? / appreciate what you have done?
Experimenting / Discovering	that you can try out and investigate yourself? / that you can find things out for yourself?
Honesty	that you can trust that what someone has said is true?
Motion	do something to get your body moving?
Contributing	that you can help? / that others are doing well?
Gratitude	show how happy you are about something?
Safety	that you feel safe and comfortable?
Relationship at eye level	that everyone takes responsibility for themselves and their actions? / that we respect each other?
Rest	that you can be all alone for once? / that you can rest when you are tired?
Meaning	that what you are doing is meaningful to you?
Equity	that everyone gets what they need? / that everyone is treated equally?
Clarity	clear rules? Clarity about when we do what?
Space	that you can be for yourself? / that distance is kept?
Compassion / Empathy	someone understands how you feel?
Intimacy	that there are things you can keep to yourself?

According to Frank Gaschler.



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