CENTER FOR COMPASSION & CREATIVITY

NEEDS

TRANSCENDENCE
Presence
Inspiration
Evolution
Beauty
Harmony
Flow
Space

REGENERATION
Celebration
Gratitude
Mourning
Leisure
Play

EMPATHY
Understanding
Connection
Love
Acceptance
Affection
Compassion

INTERDEPENDENCE
Cooperation
Community
Inclusion
Mutuality
Support

PROTECTION
Security
Safety
Justice
Respect
Consideration

SURVIVAL
Sustenance
Nurturance
Procreation
Sensory Stimulation

MEANING
Purpose
Contribution
Competence
Integrity

AUTONOMY
Freedom
Choice
Creativity
Empowerment
Power With

HONESTY
Authenticity
Self Connection
Self-Expression
Clarity
Learning

WELL-BEING
Healing
Peace of Mind
Balance
Ease
Trust

NEEDS: Resources required to sustain and enrich life.
Needs are universal.
Needs make no reference to any specific person doing any specific thing.

Key Distinction: Need vs. Strategy

Inspired by the work of Marshall Rosenberg, Ph.D. and Manfred Max-Neef, Ph.D., Chilean economist
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