

LIST OF NEEDS

Connection

Growth

- Acceptance
- Affection
- Appreciation
- Authenticity
- Belonging
- Care
- Closeness
- Cooperation
- Communication
- Community
- Companionship
- Compassion
- Consistency
- Consideration
- Empathy
- Equality
- Emotional Depth
- Holding
- Inclusion
- Intimacy
- Love
- Nurturing
- Presence
- Respect
- Reciprocity
- Reliability
- Self-Acceptance
- Self-Care
- Self-Love
- Self-Respect
- Self-Connection
- Support
- Sexual
- Solitude
- Trust
- Touch
- Understanding
- Warmth
- Vulnerability

- Awareness
- Accountability
- Autonomy
- Challenge
- Equanimity
- Expansiveness
- Freedom
- Integration
- Learning
- Progress
- Reflection
- Self-Development
- Spirituality

Security

Purpose

Stimulation

- Autonomy
- Boundaries
- Choice
- Clarity
- Comfort
- Grounding
- Home
- Hope
- Independence
- Movement
- Nourishment
- Order
- Peace
- Relaxation
- Safety
- Sleep
- Stability
- Structure
- Space
- Trust

- Admiration
- Celebration
- Competence
- Empowerment
- Guidance
- Leadership
- Meaning
- Significance
- Validation
- Value

- Adventure
- Awe
- Beauty
- Change
- Creativity
- Experience
- Expression
- Exploration
- Inspiration
- Joy
- Laughter
- Movement
- Novelty
- Play
- Significance
- Spontaneity

Service

- Care
- Giving
- Support
- Contribution
- Usefulness
- Nurture

This **List of Needs** is a tool to help you reflect on what you need in any given moment, and find a suitable strategy to help you meet them.

Tips for using the list:

- **Print the list** out and stick it to a wall to help you **check in regularly**.
- Reflect on what **strategies** you can use to help you meet those needs.
- Take the time to **feel your feelings** (or lack of feelings) before identifying your needs.

You find my **Emotion-Sensation Mapping Wheels** a useful aid if you also struggle to recognise what you are feeling. This is freely available to download on my website.

Examples of Strategies:

- Bubble Bath
- Sleep
- Listen to Music
- Cancel plans
- Long walk
- Journalling
- Gentle yoga
- Express feelings
- Cry all day
- Call a friend
- Run
- Scream



Want to Explore More?

I'm Rebecca Hastings, RD (She/Her)

I help people work on their **relationship to self, food and body** and I have a growing number of free resources as well as open spaces to work together 1:1. You can see my website or social media below, or send me an email.

Free Resources



www.harmonisehealth.com



hello@harmonisehealth.com



[harmonise_health](https://www.instagram.com/harmonise_health)