



UNDERLYING NEEDS

All human beings, regardless of where they came from, how they were raised, or what they believe in, have needs. These needs listed here are some needs that, if unmet, may trigger a conflict.

LOVE: affection, support, and appreciation

SAFETY: physical and emotional

UNDERSTANDING: empathy, learning, and respect

SUSTENANCE: basic physical needs for food, air, water, shelter, and physical health

CREATIVITY: self-expression, work, and contribution

COMMUNITY: belonging, connection, acceptance

MEANING: purpose, beliefs, faith, and hope

AUTONOMY: self-governance, choice, freedom

REST/PLAY/RELAXATION: sleep, joy, and renewal