

## The Reasons for Everything (Needs Chart)

- ▶ These are words that describe some of the reasons for our feelings, words and actions.
- ▶ Our own needs and values are always the reasons for what we feel, say and do.
- ▶ Every action we take is an attempt to meet these needs or values (also called “Drive Theory”)
- ▶ Our feelings and emotions are how we know if these needs are being met, or not.
- ▶ We “like” things and feel more comfortable when our needs are being met or our values expressed.
- ▶ This is not a definitive list, just a place to start wondering about what motivates you and others.

<b>Safety / Survival</b> protection orientation health security confidentiality rest	<b>Connection / Community</b> companionship intimacy belonging touch interdependence kindness	<b>Acknowledgment / Empathy</b> understanding compassion love / nurturance healing mourning celebration
<b>Freedom / Choice</b> independence self-sufficiency solitude space privacy autonomy	<b>Equality / Respect</b> consideration balance mutuality shared power fairness inclusion	<b>Meaning / Contribution</b> integration effectiveness purpose beauty creativity inspiration
<b>Honesty / Transparency</b> integrity authenticity clarity trust acceptance accuracy	<b>Validation / Recognition</b> appreciation support closure truth amends reassurance	<b>Fun / Play</b> engagement novelty joy challenge spontaneity excitement