



**feel affection,
understanding**

**not to be
alone**

**being part of
the group**

friendship

love

reconciliation

**to be accepted
as I am**

touch

**awards,
recognition**



**to enrich
others**

**independence,
freedom**

**have space
or time
to myself**

**to have an
influence on
things**

**do things at
my own pace**

feel safe

**get help and
support**

**to be able to
rely, to trust**

**stability,
predictability**



calm, rest

move

create

**being
spontaneous**

progress

meaning

concentrate

**to know, to
understand**

**be
informed**



**fun and
pleasure**