

List of Tertiary Needs (needs that can take place in the moment)

Connection Needs	Space/Boundaries	Self-Realization	Infatuation
Acceptance	Certainty Needs	Progress	Purpose
Affection	Cont'd. Safety	Opportunity	Validation
Appreciation	Structure/Routine	Expansiveness	To matter
Belonging	Order	Integration	Authenticity
Cooperation	Stability	Awareness	Integrity
Communication	Support	Challenge	
Closeness	Food	To Understand	
Companionship	Movement/exercise		
Compassion	Rest/sleep		
Consideration	Trust	Contribution Needs	
Consistency	Peace	To give	
Equality		To create (all forms)	
Empathy	Uncertainty Needs	To write	
Inclusion	Movement	To nurture	
Harmony	Change	To assist	
Intimacy	Stimulation	To be present	
Love	Spontaneity	To support	
Mutuality	Sexual Expression	Presence	
Nurturing	Experience	Significance Needs	
Respect/self-respect	Travel	Empowerment	
Touch	Discovery	Competence Belief	
Warmth	Inspiration	Meaning	
Sex	Beauty	Effectiveness To feel	
	Joy	known	
	Playfulness	To see and be seen	
Certainty Needs	Humor	To be	
Choice	Flow	understood	
Autonomy	Growth Needs	Admiration	
Independence	Self-Development	Participation	