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**A Hierarchy of Human Needs** (Compiled in part from Maslow, 1962; Miller, 1981; Weil, 1973; Glasser, 1985).

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1. Survival
2. Safety
3. Touching, skin contact
4. Attention
5. Mirroring and echoing
6. Guidance
7. Listening
8. Being real
9. Participating
10. Acceptance
  - Others are aware of, take seriously and admire the Real You
  - Freedom to be the Real You
  - Tolerance of your feelings
  - Validation
  - Respect
  - Belonging and love
11. Opportunity to grieve losses and to grow
12. Support
13. Loyalty and trust
14. Accomplishment
  - Mastery, "Power," "Control"
  - Creativity
  - Having a sense of completion
  - Making a contribution
15. Altering one's state of consciousness, transcending the ordinary
16. Sexuality
17. Enjoyment or fun
18. Freedom
19. Nurturing
20. Unconditional love (including connection with a Higher Power)