

Important Human Needs

(Source: The Anxiety and Phobia Workbook, Bourne)

- 1) Physical Safety and Security
- 2) Financial Security
- 3) Friendship
- 4) The attention of others
- 5) Being listened to
- 6) Guidance
- 7) Respect
- 8) Validation
- 9) Expressing and sharing your feelings
- 10) Sense of Belonging
- 11) Nurturing
- 12) Physically touching or being touched
- 13) Intimacy
- 14) Sexual expression
- 15) Loyalty and trust
- 16) A sense of accomplishment
- 17) A sense of progress towards goals
- 18) Feeling competent or masterful in some area
- 19) Making a contribution
- 20) Fun and play
- 21) Sense of freedom, independence
- 22) Creativity
- 23) Spiritual Awareness- connection with a "Higher Power"
- 24) Unconditional love