



# OUR CORE NEEDS

## OUR CORE NEEDS CONSIST OF:

- Belonging, relatedness, or connectedness;
- Autonomy: a sense of control in one's life;
- Mastery or competence;
- Genuine self-esteem, not dependent on achievement, attainment, acquisition, or valuation by others;
- Trust: a sense of having the personal and social resources needed to sustain one through life; and
- Purpose, meaning, transcendence: knowing oneself as part of something larger than isolated, self-centered concerns, whether that something is overly spiritual or simply universal/humanistic, or, given our evolutionary origin, Nature. Meaning is an inherent expectation; its denial has dire consequences.