

Living Through Loss Counselling Society of BC

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NEEDS

BELONGING

Belonging • Friendship • Caring • Involvement • Closeness
Giving and Receiving Acceptance • Co-operation



POWER/RECOGNITION

Importance • Recognition • Skill • Competence
Competition



PLEASURE

Enjoyment • Learning • Laughter
Relaxation • Fantasy



FREEDOM

Choice • Independence • Liberty • Autonomy



SURVIVAL

Basic Physical Needs