HIERARCHY OF NEEDS

Soul-Filling
Creativity, Exploration, Relaxation

Self-Actualization
Self-Worth, Self-Esteem, Confidence, Sexuality, Respect from Others

Support
Connection, Belonging, Friendship, Family, Vulnerability, Empathy

Safety
Financial Security, Physical Safety, Stability, Emotional Safety, Justice, Trust, Truth

Survival
Air, Water, Food, Sleep, Shelter

Growth

Survival

CONNECTED *Recovery*™