

# GENERAL NEEDS DEVELOPMENT

## Birth – Two Years

- Nurturing
- Bonding
- Comfort
- Love
- Touch/Affection
- Acceptance

## Two - Six Years

- Choice/Autonomy
- Being Heard
- Care
- Stability
- Emotional Safety
- Clarity
- Trust

## Six - Ten Years

- Consideration
- Acknowledgement
- Fairness
- Support
- Understanding
- Truth

## Ten - Fourteen Years

- Individuality
- Being Liked
- Friendship
- Cooperation
- Reassurance
- Solitude

## Fourteen - Seventeen Years

- Independence
- Respect/Honor
- Mastery/Challenge
- Integrity
- Freedom
- Recognition

## Survival

- Shelter
- Food
- Water
- Air
- Rest
- Physical Safety

## Reliability

- Learning
- Stimulation
- Creativity
- Value/Validation
- Empathy
- Certainty
- Play/Discovery
- Self Worth

## Interdependence

- Connection
- Kindness
- Closeness
- Contribution
- Family
- Passion

## Relationships

- Self Expression
- Self Acceptance
- Affection
- Predictability of Home
- Intimacy

## Identity

- Freedom to Choose
- Love as Needs Balanced
- Meaning
- Community
- Awareness

## Foundational Needs