

Needs

- **Abasement/humiliation:** to submit passively to external force. To accept injury, blame. Criticism, punishment. To surrender. To become resigned to fate. To admit inferiority, error, wrongdoing, or defeat. To confess and atone. To blame, belittle, or mutilate the self. To seek and enjoy pain, punishment, illness and misfortune.

- **Achievement:** to accomplish something difficult. To master, manipulate or organize physical objects, human beings, or ideas. To do this as rapidly and as independently as possible. To overcome obstacles and attain a high standard. To excel oneself. To rival and surpass others. To increase self-regard by the successful exercise of talent.

Acquirement: to gain possession and property, to get goods or money for himself.

- **Affiliation:** to draw near and enjoyably cooperate or reciprocate with an allied other (another who resembles the subject or likes the subject). To please and win the affection of a cathected object. To adhere and remain loyal to a friend. (two-way relationship. See succorance).

- **Aggression:** to overcome opposition forcefully. To fight. To revenge an injury. To attack, injure or kill another. To oppose forcefully or punish another.

Autonomy: to get free, shake off restraint, break out of confinement. To resist coercion and restriction. To avoid or quit activities prescribed by domineering authorities. To be independent and free to act according to impulse. To be unattached, irresponsible. To defy convention.

- **Avoid censure or failure: defence.** To defend the self against assault, criticism, blame. To conceal or justify a misdeed, failure, or humiliation. To vindicate the ego. Passive conformity. Infavoidance- to avoid humiliation. To quit embarrassing situations or to avoid conditions which may lead to belittlement: the scorn, derision, or indifference of others. To refrain from action because of the fear of failure.

Change (Novelty): to change, to alter his circumstances, environment, associations, activities, to avoid routine or sameness.

- **Knowledge (curiosity):** to know, to satisfy curiosity, to explore, to acquire information and knowledge.

Submission (deference): to admire and support a superior. To praise, honour or eulogize. To yield eagerly to the influence of an allied other. To emulate an exemplar. To conform to custom. Active conformity.

- **Domination:** to control one's human environment. To influence or direct the behaviour of others by suggestion, seduction, persuasion, or command or enticement. To dissuade, restrain or prohibit.

Excitement: to be easily aroused, stimulated, excited or agitated.

- **Exhibition:** to make an impression. To be seen and heard. To excite, amaze, fascinate, entertain, shock, intrigue, amuse or entice others.

- **Avoid injury (harm avoidance):** to avoid pain, physical injury, illness and death. To escape from a dangerous situation. To take precautionary measures.

- **To Nurture (nurturance):** to give sympathy and gratify the needs of a helpless object: an infant or any object that is weak, disabled, tired, inexperienced, infirm, defeated, humiliated, lonely, dejected, sick, mentally confused. To assist an object in danger. To feed, help, support, console, protect, comfort, nurse, heal.

- **Organization (order):** to put things in order. To achieve cleanliness, arrangement, organization, balance, neatness, tidiness and precision.

Playfulness (Play): to act for “fun” without further purpose. To like to laugh and make jokes. To seek enjoyable relaxation of stress. To participate in games, sports, dancing, drinking parties, cards. Daydreaming.

Recognition (social approval): to gain prestige, to win honours, to get praise and recognition.

- **Sexual gratification:** to form and further an erotic relationship to have sexual intercourse.

- **Succorance:** to have one’s needs gratified by the sympathetic aid of an allied object. To be nursed, supported, sustained, surrounded, protected, loved, advised, guided, indulged, forgiven, consoled. To always have a supporter. One way relationship.

- **Counteraction:** to strive persistently to overcome difficult, frustrating or humiliating or embarrassing experiences and failures versus avoidance or hasty withdrawal from task or situations that might result in such outcomes.

NB:

- Neutral needs

- Dissonant needs = not compatible Gospel values