

# Needs List

200 personal needs. Use this list in conjunction with the NeedsLess Program.

## BE ACCEPTED

Approved	Be included	Respected
Permitted	Be popular	Sanctioned
Cool	Allowed	Tolerated

## TO ACCOMPLISH

Achieve	Fulfill	Realize
Reach	Profit	Attain
Yield	Consummate	Victory

## BE ACKNOWLEDGED

Be worthy	Be praised	Honored
Flattered	Complimented	Be prized
Appreciated	Valued	Thanked

## BE LOVED

Liked	Cherished	Esteemed
Held fondly	Be desired	Be preferred
Be relished	Be adored	Be touched

## BE RIGHT

Correct	Not mistaken	Honest
Morally right	Be deferred to	Be confirmed
Be advocated	Be encouraged	Understood

## BE CARED FOR

Get attention	Be helped	Cared about
Be saved	Attention	Be treasured
Tenderness	Get gifts	Embraced

## CERTAINTY

Clarity	Accuracy	Assurance
Obviousness	Guarantees	Promises
Commitments	Exactness	Precision

## BE COMFORTABLE

Luxury	Opulence	Excess
Prosperity	Indulgence	Abundance
Not work	Taken care of	Served

## TO COMMUNICATE

Be heard	Gossip	Tell stories
Make a point	Share	Talk
Be listened to	Comment	Informed

## TO CONTROL

Dictate to	Command	Restrain
Manage	Correct others	Be obeyed
Not ignored	Keep status quo	Restrict

## BE NEEDED

Improve others	Be a critical link	Be useful
Be craved	Please others	Affect others
Need to give	Be important	Be material

## DUTY

Obligated	Do the right thing	Follow
Obey	Have a task	Satisfy others
Prove self	Be devoted	Have a cause

## BE FREE

Unrestricted	Privileged	Immune
Independent	Autonomous	Sovereign
Not obligated	Self-reliant	Liberated

## HONESTY

Forthrightness	Uprightness	No lying
Sincerity	Loyalty	Frankness
No holding back	No secret inactions	Tell all

## ORDER

Perfection	Symmetry	Consistent
Sequential	Checklists	Unvarying
Right-ness	Literal-ness	Regulated

## PEACE

Quietness	Calmness	Unity
Reconciliation	Stillness	Balance
Agreements	Respite	Steadiness

## POWER

Authority	Capacity	Results
Omnipotence	Strength	Might
Stamina	Prerogative	Influence

## RECOGNITION

Be noticed	Be remembered	Be known for
Regarded well	Get credit	Acclaim
Heeded	Seen	Celebrated

## SAFETY

Security	Protected	Stable
Fully informed	Deliberate	Vigilant
Cautious	Alert	Guarded

## WORK

Career	Performance	Vocation
Press, push	Make it happen	A task
Responsibility	Industriousness	Be busy

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