

TABLE 2. A Hierarchy of Human Needs (Compiled in part from Maslow, 1962; Miller, 1981; Weil, 1973; Glasser, 1985).

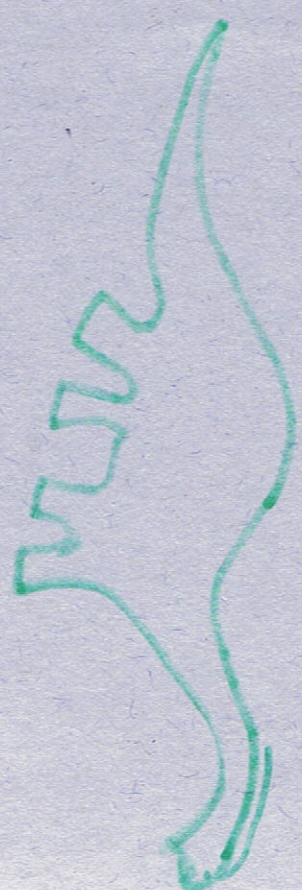
1.	Survival
2.	Safety
3.	Touching, skin contact
4.	Attention
5.	Mirroring and echoing
6.	Guidance
7.	Listening
8.	Being real
9.	Participating
10.	Acceptance
	Others are aware of, take seriously and admire the Real You
	Freedom to be the Real You
	Tolerance of your feelings
	Validation
	Respect
	Belonging and love
11.	Opportunity to grieve losses and to grow
12.	Support
13.	Loyalty and trust
14.	Accomplishment
	Mastery, "Power," "Control,"
	Creativity
	Having a sense of completion
	Making a contribution
15.	Altering one's state of consciousness, transcending the ordinary
16.	Sexuality
17.	Enjoyment or fun
18.	Freedom
19.	Nurturing
20.	Unconditional love (including connection with a Higher Power)

available and able to provide enough needs for its simple survival. At the barest minimum, this includes its safety and security.

Touching

From studies by Spitz, Montague and others we know the importance of touching is a human need. Infants deprived of touching fail to thrive and grow, even if they get proper food, nourish-

I love you



I love you