

Seven Modalities of Well-Being Related Needs

1. ***Creativity/Spirituality*** – The need to feel intellectually and spiritually fulfilled (requires high level abstract thought, and with it the ability to purposefully envision and creatively project one's self into situations unfettered by immediate realities)
2. ***Reflectivity*** – The need to act in ways designed to support my interests and desires (builds on language and the conscious capacity to step outside of one's immediate situation and contemplate and describe both past and future actions)
3. ***Relationality*** – The need to feel respected and appreciated by my social group(s) (requires an ability to consciously perceive how others interpret and respond to one's actions)
4. ***Sociality*** – The need to feel loved and have a sense of belonging to one or more social groups (involves the capacity to see others as important extensions of one's self, to reciprocally interact with others)
5. ***Sexuality*** – The need to be successful in attracting and “sexually bonding” with others (involves the ability to recognize and respond to others based on sexual identity; historically for the purpose of reproduction)
6. ***Individuality*** – The need to be safe, secure and insure a unique and separate identity (requires an ability to see one's self as distinct, not only from other humans but also non-humans; to perceive and react to threats)
7. ***Continuity*** – The need to stay physically strong and well (involves the ability to act in ways that increase physiological health and fitness)