



**FORT LAUDERDALE**  
COUNSELING AND ASSESSMENT

Realty/Choice Therapy  
Dr. William Glasser

# 5 Basic Needs

Behavior is purposeful and aimed toward satisfying one or more of our five basic needs

1

## SURVIVAL

Health, Food, Shelter, Safety

2

## LOVE/BELONGING

Being Respected, Being Loved, Acceptance, Friendship, Connection

3

## POWER

Recognition, Success, Efficacy, Significance, Achievement, Esteem

4

## FREEDOM

Choices, Independence, Autonomy

5

## FUN

Enjoyment, Laughter

[www.FtLauderdaleCounseling.com](http://www.FtLauderdaleCounseling.com)