

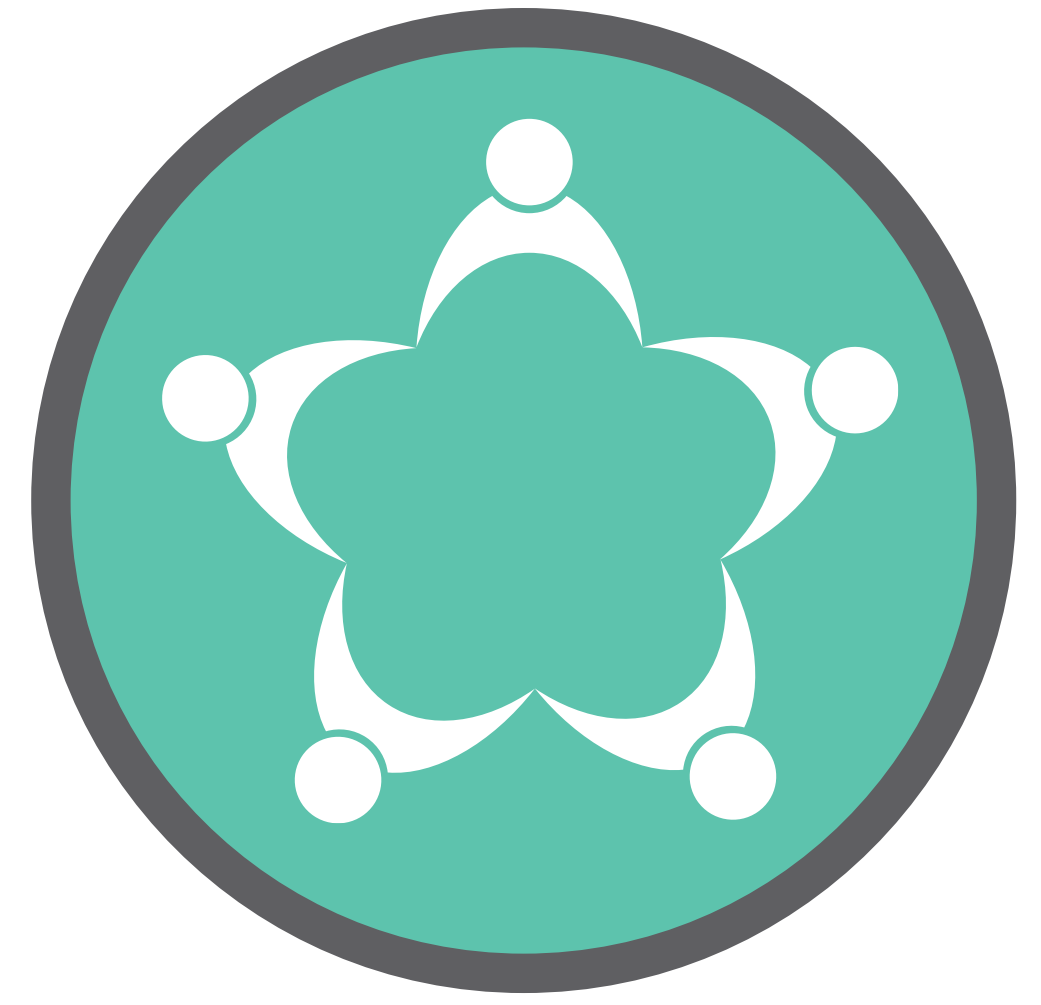
UNDERLYING NEEDS



RESOURCES
Food, air, shelter



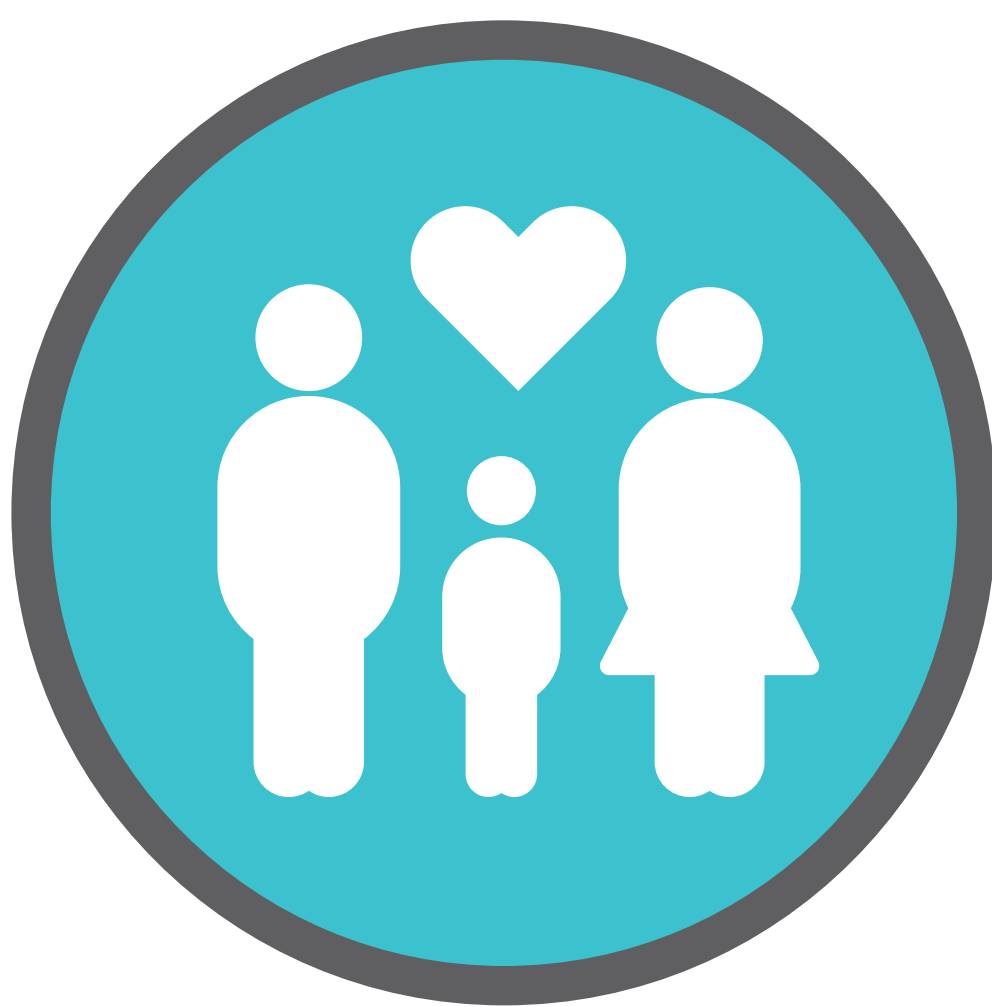
SAFETY
Emotional safety,
physical safety



COMMUNITY
Belonging to a group



FREEDOM
Ability to make decisions
for ourselves



LOVE
Feeling support and care
for others and giving it back



REST
Sleeping and relaxation to
harmonize & renew within



PURPOSE
Having a sense of mission
and hope in our lives



RESPECT
Feeling understood and
getting empathy from others



CREATION
Working, expressing
ourselves, inventing things

Conflict happens when people feel that they have unmet needs.



WHITAKER
PEACE & DEVELOPMENT
INITIATIVE

www.domesticharmonizer.org