

Needs are also defined according to the existential categories of being, having, doing and interacting, and from these dimensions, a 9×4-cell matrix is developed [3]

| <b>Need</b>          | <b>Being<br/>(qualities)</b>                     | <b>Having<br/>(things)</b>                        | <b>Doing<br/>(actions)</b>                      | <b>Interacting<br/>(settings)</b>               |
|----------------------|--|---|---|---|
| <b>Subsistence</b>   | physical and mental health                       | food, shelter, work                               | feed, clothe, rest, work                        | living environment, social setting              |
| <b>Protection</b>    | care, adaptability, autonomy                     | social security, health systems, work             | co-operate, plan, take care of, help            | social environment, dwelling                    |
| <b>Affection</b>     | respect, sense of humour, generosity, sensuality | friendships, family, relationships with nature    | share, take care of, express emotions           | privacy, intimate spaces of togetherness        |
| <b>Understanding</b> | critical capacity, curiosity, intuition          | literature, teachers, policies, educational       | analyse, study, meditate, investigate,          | schools, families, universities, communities    |
| <b>Participation</b> | receptiveness, dedication, sense of humour       | responsibilities, duties, work, rights            | cooperate, dissent, express opinions            | associations, parties, churches, neighbourhoods |
| <b>Leisure</b>       | imagination, tranquility, spontaneity            | games, parties, peace of mind                     | day-dream, remember, relax, have fun            | landscapes, intimate spaces, places to be alone |
| <b>Creation</b>      | imagination, boldness, inventiveness, curiosity  | abilities, skills, work, techniques               | invent, build, design, work, compose, interpret | spaces for expression, workshops, audiences     |
| <b>Identity</b>      | sense of belonging, self-esteem, consistency     | language, religions, work, customs, values, norms | get to know oneself, grow, commit oneself       | places one belongs to, everyday settings        |
| <b>Freedom</b>       | autonomy, passion, self-esteem, open-mindedness  | equal rights                                      | dissent, choose, run risks, develop awareness   | anywhere  |