

		Schema Therapy			Transactional analysis		Spiral Dynamics		Extended Pyramids		Psychology					Summary	
Emotional Need	Brian Tracy need	Schema Domain	ST emotional needs (J. Young)	Maladaptive schemas (YSQ-L3)	drivers	Karpman's dramatic Δ	Keywords & description for motivation	#	Abraham Maslow	Robert Dilts	Tony Robbins – 6 core needs	McClelland	Howard Gardner's multiple intelligences	Positive Emotions (Parrot, Plutchick)	Positive Psychology [2004]	Skills/ Instruments	
1. Physiological safety	Money	i. autonomy and performance	Autonomy	1. vulnerability to harm/ illness	Be Perfect	Victim	Preservation of health, Protection, Basic Safety, Stability, security, avoid pain, Survival (Individual)	1	Physiological: air, water, food, shelter, clothing	Environment	Level Certainty 1.1:	Power	Bodily-Kinesthetic intelligence	Anticipation, vigilance	Prudence	Realistic safety & resilience, proactive management of risks	
2. Emotional security	Security			2. Abandonment/ instability		Victim/Savior	Allegiance, Protection, Predictability comfort, Assurance, Security (Clan)	2	Protection, Stability, Security		Level Connection 2.2:	Affiliation to Outer Power	Bodily-Kinesthetic intelligence	Relief	N.C.	Seeking and maintaining secure attachment	
3. Diverse & fun self-expression	Status & prestige		Spontaneity, diversity, play	3. Subjugation		Try Hard	Victim/Savior	Enchantment, Wonder, Mystical (Bubble world)	3	Security: order	N. C.	Behavior & (non) verbal language	Level 2.1: Variety	Affiliation to Outer Power	Interpersonal intelligence	Glee, enthrallment, rapture, ravishment, gaiety, distraction	Curiosity [Interest, Novelty-Seeking, Openness to Experience] Humor [Playfulness]
			4. Self-sacrifice	Gratify impulses & senses immediately, avoid shame and guilt (individual)	Self-esteem: respect, status, reputation		Level 1.2: Importance	Outer Power		Interpersonal intelligence							
			extreme efforts	Acceptance as secure attachment	5. approval/ recognition /admiration seeking		Persecutor, Aggressor	Escape domination, gain control (individual)	Self-esteem: respect, status, reputation	Level 3.1: Growth	Affiliation for Outer Power	Interpersonal intelligence	Admiration, awe, understanding	Love of learning Self-regulation	Freedom to uninhibitedly self-express with imperfections according to guidance and realistic standards & expectations while learning, flexibility of adaptation to own abilities and circumstances for balancing performance goals with other needs Learning how to learn		
4. Exploration and learning	Praise and recognition; Personal Growth	Disconnection/ rejection	Acceptance as secure attachment	7. unrelenting standards / hypercriticism	Be Perfect	Victim/Savior	Enchantment, Wonder, Mystical (Bubble world)	2	Aesthetic needs: (outer) beauty, form, color	Abilities, skills	Level 2.1: Variety	Achievement	Natural intelligence	Optimism, eagerness, hope	Hope [Optimism, Future-Mindedness, Future Orientation]	The capacity to truthfully and trustfully anticipating diverse pleasant results from the future based on goal-oriented behavior, experience and skills	
5. Aesthetic needs	Health & fitness	i. autonomy and performance	Acceptance as secure attachment	9. dependence/ practical incompetence	Hurry-Up	Victim	Acceptance (Social system)	4	Aesthetic needs: form, balance	Values, beliefs, principles, attitudes	Level Significance, Importance 1.2:	Affiliation	Intrapersonal intelligence	Surprise	Citizenship [Social Responsibility, Loyalty, Teamwork]	Manifesting own value in the external contexts using self-reliance and connections' support & guidance when needed to face challenges, in a balanced way	
			i. limits	Realistic limits and self-control		10. insufficient self-control/self-discipline	N. C.	Peace, Faith, Alignment, Systemic, Natural flow (expert)	7	Aesthetic needs: (inner) beauty, balance, structure	Level 3.1: Growth	Achievement	Musical intelligence	Amazement, Astonishment, Serenity, tranquility, harmony	Perspective [Wisdom] Appreciation of Beauty and Excellence [Awe, Wonder, Elevation]	Firm and structured balance while changing frame sizes: time, perspective, convenience.	
		6. Realistic limits, self-discipline and self-control	Being liked	i. limits (?)	11. (self) punitiveness	(Victim)	Stability, rightfulness, control impulsiveness, principles, rules, insurance (Social system: collectivity)	4	Security: order, law, limits, stability	Level Certainty 1.1:	Affiliation	Interpersonal intelligence	Indulgence, Compassion, pity, sympathy, acceptance	Open Mindedness [Judgement, Critical Thinking]	Patience and allowance for forgiveness and focused compassion upon trespassings of inflexible rules, principles and laws, reframing judgements to expand limits and question causes & effects in order to bring stability and affiliation within social systems		
Disconnection/ rejection	Acceptance, guidance Secure attachments	12. defectiveness/ shame /unlovability		Please people	(Self) Acceptance (Inner system designed by social expectations)	Self-esteem: responsibility	Interpersonal intelligence	acceptance	Integrity [Authenticity, Honesty] Kindness [Generosity, Nurturance, Care, Compassion, Altruistic Love, "niceness"] Forgiveness and Mercy	Compassionate and unconditional self-acceptance of truthfully recognized, authentic, public, transparent self. Encouragement in sharing with responsibility areas of self-doubt, counteract rumors, criticism, doubt and rejection from self/others.							
i. limits	self-control	13. entitlement/grandiosity / superiority		Hurry-Up	N. C.	Meaning, purpose, serving, religion, responsibility (religious system)	Transcendence: meaning	Mission, vision, purpose, goals, meaning	Level Contribution 3.2:	Spiritual intelligence	Adoration, understanding	Humility and Modesty Spirituality [Religiousness, Faith, Purpose]	Comparing oneself with desired self and not with others. Guidance to finding new perspectives, meaning and purpose beyond limit-setting frames and systems while maintaining the equity and empathy to other people's needs/desires as equal in importance and opportunity to own needs/desires. Self-control for respect.				
7. Autonomy and Identity	Power, Influence and Popularity	i. autonomy and performance	Autonomy, competence and sense of identity	14. emeshment/ undeveloped self	Be Perfect	(Persecutor, Aggressor)	Autonomy, control, independence, abundance, competition, performance,	5	Self-esteem: respect, appreciation,	Identity, role	Level Significance, Importance 1.2:	Inner Power through Achievement	Logical-mathematic	Delight, passion	Gratitude	Explore, express, drive and develop own unconscious resources and structures in directions, fields, positions, roles through appreciated differentiation, testing and respecting boundaries between self and others. Quest for abundance through scalability and strategically develop performance in competition with similar and special other individuals.	
			Disconnection/ rejection	Secure attachment to others		15. social exclusion/ isolation/alienation	Please people	(Savior)	Networking Entrepreneur) (Freelancer, Entrepreneur)		Belonging needs: family, affection, relationships, affiliation, socialization	Level Connection 2.2:	Affiliation for Achievement	Social intelligence	Liking, attraction	Social Intelligence [EQ, Personal Intelligence]	Seek, connect with and integrate in groups/social networks sharing similar inner structures and/or over preoccupations
8. Deep social interaction	Love and Companionship	i. autonomy and performance	Affection, Nurturance Secure attachments	16. emotional deprivation	Be Perfect	N. C.	Human bond, humanism, socioecentrism, fitting, community sense, serving, consensus, harmony, love (Team)	6	Transcendence, contribution, supreme meaning	Mission, vision, purpose, goals, meaning	Level 4: bliss, enlightenment**	Achievement through Inner Power	Spatial-visual intelligence	Peace, contentment, Pride, triumph, happiness, jubilation, satisfaction, fulfillment, bliss	Persistence [Perseverance, Industriousness]	Development of close personal and professional relationships with others mutually sharing warmth, affection, attention, empathy, protection (strength, direction, guidance), disclosure, listening in order to create a team for reciprocal and consensual guiding in harmonic companionship towards socioecentric long-term goals.	
9. Transformational Development, performance and fulfillment	Leading the Field: Personal Transformation		Autonomy, competence and sense of identity	17. failure to achieve		N. C.	Duty, Process integration, patterning, structure, knowledge (expert)	7	Development, fulfillment, happiness		Level 4: bliss, enlightenment**	Achievement through Inner Power	Spatial-visual intelligence	Peace, contentment, Pride, triumph, happiness, jubilation, satisfaction, fulfillment, bliss	Persistence [Perseverance, Industriousness]	With peace, faith and trust, let go of control and go with the natural strategic flow of achieving mastery performance in chosen educational, vocational, professional and recreational areas of interest through meaningful, fulfilling and transformational integration of expert knowledge, structure of patterning and inner power	
10. Contribution	N. C.	Disconnection/ rejection	Secure attachment to others	18. Mistrust & abuse	Please people	N. C.	Commitment, Wisdom, harmony, Universalization (Global collective community)	8	Transcendence, contribution, supreme meaning	Mission, vision, purpose, goals, meaning	Level Contribution Level 4: bliss, enlightenment**	Affiliation for Achievement	Interpersonal intelligence	Trust	Leadership	Honestly, loyally, trustworthy & wisely explore and share intentions with commitment of creating secure and meaningful connection with any person outside the known circle of acquaintances.	

Abbreviations used in the table: N.C.=NO CORRESPONDENCE =impaired

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*In Ștefan Alexandrescu's refinement on Robert Dilts' neurological levels pyramid, an intermediate level is considered between identity and mission: belonging, designating affiliation/sense of belonging (in)formally to a larger group based on the role/identity stated in the previous level.

** in the original model from Tony Robbins, level 4 doesn't appear, but it was proposed