THE SENSES FRAMEWORK

Security - to feel safe

Belonging - to feel part of a valued group, to maintain or form important relationships

Continuity - to be able to make links between the past, present and future

Purpose - to enjoy meaningful activity, to have valued goals

Achievement - to reach valued goals to satisfaction of self and/or others

Significance - to feel that you ‘matter’ and are valued

(Nolan et al 2006)