

Fundamental Motivations of the General Population

Curiosity

Eating

Honor/Morality

Acceptance/Rejection Avoidance

Romance/Sexual Gratification

Physical Activity/Exercise

Order

Independence/Self-Determination

Vengeance

Social Contact

Family

Social Status/Prestige

Idealism

Saving

Power

Tranquility

*"Who Am I? The 16 Basic Desires that Motivate Our
Actions and Define Our Personalities"*

by Dr. Steven Reiss, Tarcher/Putnam, 2000

Fundamental Motivations of People with MRDD

Help Others

Rejection Avoidance/Acceptance

Vengeance

Order

Independence/Self-Determination

Curiosity

Attention

Morality

Social Contact

Physical Activity

Sexual Gratification

Food

Physical Pain Avoidance/Comfort

Frustration Avoidance/Self-Regulation

Anxiety Avoidance/Calmness