

Transcendent Belonging	Selfless compassion for self and others; internalized feelings of security, safety and trust
Belonging	Feeling accepted, valued, welcomed, loved and supported as an individual, and accepting, valuing, welcoming, loving and supporting others in turn.
Marriage, love partners Friendship Companionship	All three are desirable outcomes of mutual relationship.
Group acceptance	Acceptance for conforming to group, and taking responsibility for being part of group.
Solitude	Private happiness and joy in being alone.
Loneliness	Ordinary loneliness; may cycle through feelings of being unloved and unlovable, and excessive personalization of the problem.
Being ignored Isolation Rejection, Exclusion, Alienation, Abandonment Experiences or perceptions of being shamed, blamed, demeaningly criticized, scapegoated, humiliated, bullied, persecuted and subordinated Experiences or perceptions of ostracism or being shunned	These five lower rungs have a lot in common. Most problematic is a developed “Rejection Complex,” which leads to emotions, thoughts and behaviors that interfere with relationship, such as anger, self-righteousness, black-and-white thinking, adversariality, fear, grudges, resentments, hostility, feelings of superiority, inferiority or grandiosity, or avoidance and emotional withdrawal.