

Universal Human Needs

PHYSICAL WELL-BEING

air
nourishment
light
warmth
rest/sleep
movement
exercise
health
touch
sexual expression
shelter
security/safety
emotional safety
protection from pain

HARMONY

peace
beauty
calm / equanimity
relaxation / tranquility
ease
order
coherence
congruence
sustainability
stability
balance
wholeness
communion
completion
digestion
integration
predictability

CONNECTION

love / self-love
care / self-care
belonging
closeness/intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see and be seen)
hearing (hear and be heard)
understanding (understand
and be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship /
partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream /
faith
clarity / focus /
concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution /
progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence/
self-esteem / dignity
efficacy / effectiveness
to matter / to take part in /
to have my place in the
world
spirituality
purpose
liberation
transformation
interdependence
simplicity
celebration / mourning

HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

PLAY

liveliness / vitality
flow
passion
spontaneity
fun
humor / laughter /
lightness
discovery / adventure
variety diversity
renewal / refreshment

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