

## Universal Human Needs

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The following list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

### CONNECTION

acceptance / self-acceptance  
affection  
appreciation  
belonging  
caring  
closeness  
communication  
community  
companionship  
compassion  
consideration  
consistency  
cooperation  
dignity  
emotional safety  
empathy  
familiarity  
fellowship  
inclusion  
interdependence  
intimacy  
love  
mutuality  
nurturing  
partnership  
reciprocity  
respect / self-respect  
safety  
security  
self-worth  
sensitivity  
solidarity  
stability  
support  
to know and be known  
to see and be seen  
to understand and be understood  
trust  
warmth

### HONESTY

authenticity  
congruence  
continuity  
integrity  
presence  
transparency

### PLAY

adventure  
fun  
humor  
joy  
laughter  
mischief  
spontaneity

### PHYSICAL WELL-BEING

air  
balance  
comfort  
food  
movement / exercise  
protection  
rest / sleep  
relaxation  
sexual expression  
safety (protection from life-threatening situations)  
shelter  
thriving  
touch  
water

### AUTONOMY

choice  
confidence  
freedom  
independence  
privacy  
space

(power)

### MEANING

aliveness  
awareness  
awe  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution (to exercise one's power by giving that which contributes to life)  
creativity  
discovery  
efficacy  
effectiveness  
growth  
learning  
mourning  
mystery  
participation  
purpose  
self-expression  
stimulation  
understanding  
wholeness  
wonder

### PEACE

beauty  
ease  
equality  
equanimity  
harmony  
inspiration  
order  
spiritual communion  
tranquility