



## UNIVERSAL NEEDS LIST

*Every human being shares the same basic universal needs that can umbrella over more specific values that can vary between individuals*

### CONNECTION

acceptance  
acknowledgment  
affection  
appreciation / gratitude  
belonging  
care  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
dignity  
empathy  
friendship  
Inclusion  
intimacy  
love  
mutuality  
nurturing  
protection  
reassurance  
reciprocity  
respect/self-respect  
safety  
security  
shared reality  
stability  
support / help  
to know and be known  
to see and be seen  
to understand and  
be understood  
warmth

### HONESTY

authenticity  
continuity  
integrity  
openness  
presence  
privacy  
transparency  
trust

### MEANING

achievement  
awareness  
beauty  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
feedback  
growth  
hope  
learning  
mourning  
mystery  
participation  
purpose  
self-acceptance  
self-expression  
stimulation  
to matter  
understanding

### AUTONOMY

choice  
freedom  
independence  
power in your world  
self determination  
space  
spontaneity

### PEACE

aesthetics  
balance  
comfort  
communion  
ease  
equality  
harmony  
inspiration  
order  
predictability / reliability  
structure

### PHYSICAL WELL-BEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

### PLAY

fun  
joy  
humor



A NURTURED LIFE

