

Universal Human Needs List

Acceptance by others	Justice
Acceptance of others	Kindness
Acknowledgement	Laughter
Accomplishment	Learning
Appreciation	Love
Authenticity	Meaning
Autonomy	Nurturance
Beauty	Order
Celebration	Peace
Choice	Physical movement
Clarity	Physical safety
Community	Play
Companionship	Pleasure
Compassion	Power with
Competence	Quality time
Connection	Recognition
Consideration	Rest
Creativity	Sensory stimulation
Ease	Shared reality
Empathy/warm accompaniment	Shared reality
Expression	Sharing
Fairness	Solitude
Food/water/air/shelter	Support
Fun	Tenderness
Grieving visions and dreams unfulfilled	To be seen for my true intentions
Growth	To be seen for who I am
Harmony	To contribute
Honesty from others	To explore and honor my values
Honesty with others	To grieve/honor loss
Honesty with self	To hear/to be heard
Honoring agreements	To matter
Inspiration	Touch
Integrity	Trust of others/from others
Interdependence	Understanding
Intimacy	Vision/dreams (shared)