

# UNIVERSAL HUMAN NEEDS/VALUES

*The needs below are grouped into categories of core needs, 3 meta-categories and 9 subcategories*

## WELL BEING (peace)

### Sustenance/Health

abundance/ thriving  
exercise  
food, nutrition  
nourishment  
rest, sleep  
shelter  
sustainability  
support/help  
wellness  
vitality, energy, aliveness

### Safety/Security

comfort  
confidence  
emotional safety  
familiarity  
order, structure  
predictability  
protection from harm  
stability  
trust, faith

### Rest/Recreation/Fun

acceptance  
appreciation, gratitude  
awareness  
balance  
beauty  
ease  
equanimity  
humor  
movement  
play  
relaxation  
rejuvenation  
simplicity  
space  
tranquility  
wholeness  
wonder

## CONNECTION (love)

### Love/Caring

affection, warmth  
beauty  
closeness, touch  
companionship  
compassion, kindness  
intimacy  
mattering/importance  
nurturing  
sexual connection  
respect, honoring  
valuing, prizing

### Empathy/Understanding

Awareness, clarity  
acceptance  
acknowledgment  
communication  
consideration  
hearing (hear/be heard)  
knowing (know/be known)  
presence, listening  
respect, equality  
receptivity, openness  
recognition  
seeing (see/be seen)  
self-esteem  
sensitivity

### Community/Belonging

cooperation  
fellowship  
generosity  
inclusion  
interdependence  
harmony, peace  
hospitality, welcoming  
mutuality, reciprocity  
partnership, relationship  
support, solidarity  
trust, dependability  
transparency, openness

## SELF-EXPRESSION (joy)

### Autonomy/Authenticity

choice  
clarity  
congruence  
consistency  
continuity  
dignity  
freedom  
honesty  
independence  
integrity  
power, empowerment  
self-responsibility

### Creativity/Play

adventure  
aliveness  
discovery  
initiative  
innovation  
inspiration  
mystery  
passion  
spontaneity

### Meaning/Contribution

appreciation, gratitude  
achievement, productivity  
celebration, mourning  
challenge  
efficacy  
effectiveness  
excellence  
feedback  
growth  
learning, clarity  
mystery  
participation  
purpose, value  
self-actualization  
self-esteem  
skill, mastery