

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

FEELINGS

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

PEACEFUL

tranquil
calm
content
engrossed
absorbed
expansive
serene
loving
blissful
satisfied
relaxed
relieved
quiet
carefree
composed
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
amorous
trusting
open
thankful
radiant
adoring
passionate

GLAD

happy
excited
hopeful
joyful
satisfied
delighted
encouraged
grateful
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic
glorious

PLAYFUL

energetic
effervescent
invigorated
zestful
refreshed
impish
alive
lively
exuberant
giddy
adventurous
mischievous
jubilant
goofy
buoyant
electrified

INTERESTED

involved
inquisitive
intense
enriched
absorbed
alert
aroused
astonished
concerned
curious
eager
enthusiastic
fascinated
intrigued
surprised
helpful

MAD

impatient
pessimistic
disgruntled
frustrated
irritable
edgy
grouchy
agitated
exasperated
disgusted
irked
cantankerous
animosity
bitter
rancorous
irate, furious
angry
hostile
enraged
violent

SAD

lonely
heavy
troubled
helpless
gloomy
overwhelmed
distant
despondent
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
blue
miserable
dejected
melancholy

SCARED

afraid
fearful
terrified
startled
nervous
jittery
horrified
anxious
worried
anguished
lonely
insecure
sensitive
shocked
apprehensive
dread
jealous
desperate
suspicious
frightened

TIRED

exhausted
fatigued
inert
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
heavy
sleepy
disinterested
reluctant
passive
dull
bored
listless
blah
mopey
comatose

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
hurt
uneasy
irritated
suspicious
unsteady
puzzled
restless
boggled
chagrined
unglued
detached
skeptical