

Universal Human Needs

_____ **WELL BEING**

_____ SUSTANENCE
_____ balance
_____ exercise
_____ Movement
_____ food, water, air
_____ health
_____ mourning
_____ nourishment
_____ nutrition
_____ rest, recreation
_____ rejuvenation
_____ sleep
_____ touch
_____ warmth
_____ wellness
_____ vitality, energy
_____ aliveness

_____ **SAFETY**

_____ comfort
_____ confidence
_____ protection from harm
_____ relaxation
_____ security
_____ shelter
_____ trust

_____ **ORDER**

_____ beauty
_____ calm, ease
_____ equanimity
_____ flow
_____ focus
_____ harmony
_____ interdependence
_____ predictability
_____ simplicity
_____ serenity
_____ stability
_____ structure
_____ tranquility
_____ wholeness
_____ wonder

_____ **CONNECTION**

_____ CARE
_____ affection
_____ closeness
_____ dignity, intimacy
_____ equality
_____ esteem, positive regard
_____ generosity
_____ kindness
_____ mattering, importance
_____ nurturing
_____ support, help
_____ respect, honoring
_____ valuing, prizing

_____ **UNDERSTANDING**

_____ awareness
_____ acceptance
_____ acknowledgement
_____ communication
_____ compassion
_____ consideration
_____ empathy
_____ openness
_____ presence
_____ recognition
_____ receptivity
_____ sensitivity

_____ **COMMUNITY**

_____ belonging
_____ contribution
_____ companionship
_____ cooperation
_____ equality
_____ family
_____ fellowship
_____ generosity
_____ home
_____ hospitality, welcoming
_____ inclusion
_____ mutuality, reciprocity
_____ partnership
_____ participation
_____ self-expression
_____ sharing
_____ solidarity

_____ **SELF EXPRESSION**

_____ FREEDOM
_____ adventure
_____ actualization
_____ autonomy
_____ choice
_____ creativity, innovation
_____ growth, challenge
_____ humor
_____ independence
_____ play, fun
_____ spontaneity

_____ **HONESTY**

_____ authenticity
_____ clarity
_____ confidence
_____ consistency
_____ compatibility
_____ dependability
_____ integrity
_____ power, empowerment
_____ presence
_____ reliability
_____ trust

_____ **MEANING**

_____ achievement
_____ aliveness
_____ appreciation, gratitude
_____ celebration, mourning
_____ collaboration, team work
_____ completion
_____ consciousness
_____ contribution
_____ cooperation
_____ discovery
_____ efficacy, effectiveness
_____ excellence, mastery, skill
_____ exploration
_____ inspiration
_____ integration
_____ learning
_____ passion
_____ purpose
_____ vision
_____ wisdom

Universal Human Needs-Continued

_____ **WELL BEING**

- _____ SECURITY
- _____ consistency
- _____ order/structure
- _____ peace (external)
- _____ peace of mind
- _____ protection
- _____ safety
- _____ stability
- _____ trusting

- _____ AUTONOMY
- _____ Choice
- _____ Confidence
- _____ Freedom
- _____ Independence
- _____ Privacy
- _____ Space

_____ **CONNECTION**

- _____ AFFECTION
- _____ appreciation
- _____ attention
- _____ closeness
- _____ companionship
- _____ harmony
- _____ intimacy
- _____ love
- _____ nurturing
- _____ sexual expression
- _____ support
- _____ tenderness
- _____ warmth

- _____ MATTERING
- _____ acceptance
- _____ acknowledgement
- _____ care
- _____ compassion
- _____ consideration
- _____ empathy
- _____ kindness
- _____ mutual recognition
- _____ respect
- _____ to be heard
- _____ to be seen
- _____ to be known
- _____ to be understood
- _____ to be trusted
- _____ understanding of others

_____ **SELF EXPRESSION**

- _____ TRANSCENDENCE
- _____ beauty
- _____ celebration of life
- _____ communion
- _____ faith
- _____ flow
- _____ hope
- _____ inspiration
- _____ mourning
- _____ peace (internal)
- _____ presence

- _____ SENSE OF SELF
- _____ authenticity
- _____ competence
- _____ creativity
- _____ dignity
- _____ growth
- _____ healing
- _____ honesty
- _____ integrity
- _____ self-acceptance
- _____ self-care
- _____ self-connection
- _____ self-knowledge
- _____ self-realization
- _____ self-respect
- _____ mattering to myself