Universal Human Needs - Partial List

(without reference to specific people, time, actions, things)

**Subsistence and Security**
- Physical Sustenance
  - Air
  - Food
  - Health
  - Movement
  - Physical Safety
  - Rest / sleep
  - Shelter
  - Touch
  - Water

**Security**
- Consistency
- Order/Structure
- Peace (external)
- Peace of mind
- Protection
- Safety (emotional)
- Stability
- Trusting

**Freedom**
- Autonomy
- Choice
- Ease
- Independence

**Leisure/Relaxation**
- Power
- Self-responsibility
- Space
- Spontaneity
- Humor
- Joy
- Play
- Pleasure
- Rejuvenation

**Connection**
- Affection
- Appreciation
- Attention
- Closeness
- Companionship
- Harmony
- Intimacy
- Love
- Nurturing
- Sexual Expression
- Support
- Tenderness
- Warmth

**To Matter**
- Acceptance
- Care
- Compassion
- Consideration
- Empathy
- Kindness
- Mutual Recognition
- Respect
- To be heard, seen
- To be known, understood
- To be trusted
- Understanding others

**Community**
- Belonging
- Communication
- Cooperation
- Equality
- Inclusion
- Mutuality
- Participation
- Partnership
- Self-expression
- Sharing

**Meaning**
- Sense of Self
- Authenticity
- Competence
- Creativity
- Dignity
- Growth
- Healing
- Honesty
- Integrity
- Self-acceptance
- Self-care
- Self-connection
- Self-knowledge
- Self-realization
- Mattering to myself
- Making sense of life

**Understanding**
- Awareness
- Clarity
- Discovery
- Learning

**Transcendence**
- Beauty
- Celebration of life
- Communion
- Faith
- Flow
- Hope
- Inspiration
- Mourning
- Peace (internal)
- Presence

This list builds on Marshall Rosenberg’s original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person’s authentic experience.