

# 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

### Power

Self-responsibility  
Space  
Spontaneity

### *Leisure/Relaxation*

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  
  
*Understanding*  
Awareness  
Clarity  
Discovery  
Learning  
Making sense of life  
Stimulation

### *Meaning*

Aliveness  
Challenge  
Consciousness  
Contribution  
Creativity  
Effectiveness  
Exploration  
Integration  
Purpose  
  
*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.