

## Universal Human Needs List

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

<p><b>CONNECTION</b></p> <ul style="list-style-type: none"> <li>acceptance</li> <li>affection</li> <li>appreciation</li> <li>belonging</li> <li>cooperation</li> <li>communication</li> <li>closeness</li> <li>community</li> <li>companionship</li> <li>compassion</li> <li>consideration</li> <li>consistency</li> <li>empathy</li> <li>inclusion</li> <li>intimacy</li> <li>love</li> <li>mutuality</li> <li>nurturing</li> <li>respect/self-respect</li> <li>safety</li> <li>security</li> <li>stability</li> </ul>	<p><b>CONNECTION</b> (contd)</p> <ul style="list-style-type: none"> <li>support</li> <li>to know and be known</li> <li>to see and be seen</li> <li>to understand and be understood</li> <li>trust</li> <li>warmth</li> </ul> <p><b>PHYSICAL WELL-BEING</b></p> <ul style="list-style-type: none"> <li>air</li> <li>food</li> <li>movement/exercise</li> <li>rest/sleep</li> <li>sexual expression</li> <li>safety</li> <li>shelter</li> <li>sunshine</li> <li>touch</li> <li>water</li> </ul>	<p><b>HONESTY</b></p> <ul style="list-style-type: none"> <li>authenticity</li> <li>integrity</li> <li>presence</li> </ul> <p><b>PLAY</b></p> <ul style="list-style-type: none"> <li>joy</li> <li>humor</li> </ul> <p><b>PEACE</b></p> <ul style="list-style-type: none"> <li>beauty</li> <li>communion</li> <li>ease</li> <li>equality</li> <li>harmony</li> <li>inspiration</li> <li>order</li> </ul> <p><b>AUTONOMY</b></p> <ul style="list-style-type: none"> <li>choice</li> <li>freedom</li> <li>independence</li> <li>space</li> <li>spontaneity</li> </ul>	<p><b>MEANING</b></p> <ul style="list-style-type: none"> <li>awareness</li> <li>celebration of life</li> <li>challenge</li> <li>clarity</li> <li>competence</li> <li>consciousness</li> <li>contribution</li> <li>creativity</li> <li>discovery</li> <li>efficacy</li> <li>effectiveness</li> <li>growth</li> <li>hope</li> <li>learning</li> <li>mourning</li> <li>participation</li> <li>purpose</li> <li>self-expression</li> <li>understanding</li> </ul>
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