

Universal Human Needs

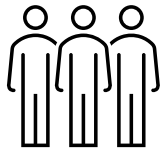
life-enhancing qualities, longings of the heart, values, wants, what matters to me, motivations, drivers, yearnings, “the non-controversial essence”, why we do *everything* that we do. They are not *thoughts*, rather they are a living energy we can directly feel in our bodies, pushing us towards life.

Expressing my needs: I love ..., I thrive on ..., I value ..., I long for ..., I would be nourished by ...

Distinct from strategies – needs don’t specify *which* person, location, action, time or object

Belonging

Acceptance
Affection
Appreciation
Care
Communication
Connection
Closeness
Community
Companionship
Compassion
Consideration
Empathy – be seen, heard, understood
Inclusion
Intimacy
Love
Mutuality, Teamwork,
Interdependence
Shared world view
Nurturing
Participation
Respect
Visibility
Warmth



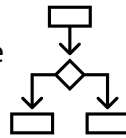
Honesty

Authenticity
Integrity
Self-expression



Autonomy

Agency
Choice
Freedom
Independence
Initiative
Presence
Space
Spontaneity
Time



Rest and Play

Enjoyment
Fun
Joy
Humour
Relaxation
Restoration
Stimulation



Meaning

Aliveness
Awareness
Celebration
Challenge
Clarity
Competence
Connection to spirit
Consciousness
Contribution
Creativity
Discovery
Diversity/variety
Effectiveness
Growth
Hope
Integration
Learning
Mattering
Mourning
Purpose
Self-connection
Self-respect
To understand
To make sense of the world
To make sense to myself



Safety

Physical safety
Psychological & emotional safety
Consistency
Security
Stability
Support
Reassurance
Trust



Physical Wellbeing

Air/Sun/Food/Water
Health
Movement
Rest/sleep
Shelter
Touch
Connect to body
Connect to the earth



Peace

Beauty
Ease
Equality
Harmony
Inspiration
Order

