

Inventory of universal human needs

(This list is neither exhaustive nor definitive. It represents only a starting point.)

Subsistence and security

Physical well-being

air
food
health
movement
physical contact
physical security
rest
shelter
water

Security

consistency
emotional safety
order
peace (external)
protection
stability
trust

Freedom

Autonomy

choice
ease
freedom
independence
power
self-expression
space
spontaneity

Fun

humor
joy
play
pleasure

Connection

Affection

appreciation
attention
closeness
companionship
harmony
intimacy
kindness
love
nutrition
sexual expression
support
tenderness
warmth

To matter

acceptance
care
compassion
understand the other person
consideration
kindness
empathy
mutual recognition
respect
be understood
be heard
be seen

Community

collaboration
share
communication
cooperation
equality
inclusion
mutuality
participation
partnership

Meaning

Relationship with me

authenticity
coherence
competence
creativity
dignity
healing
honesty
integrity
Mattering to myself
self-acceptance
self-care
self-compassion
self-expression
self-knowledge
self-realization

Understanding

awareness
clarity
discovery
knowledge
learning
making sense
stimulation

Meaning

challenge
consciousness
contribution
creativity
effectiveness
exploration
integration
purpose

Transcendence

beauty
calm
celebration of life
communion
faith
flow
harmony
hope
inner peace
inspiration
mourning
presence
tranquility

* Remember: Needs, unlike strategies, do not refer to a specific Person, Location, Action, Time or Object.