

UNIVERSAL HUMAN NEEDS/VALUES

The needs below are grouped into 3 meta-categories and 9 subcategories of core needs

WELL BEING

(peace)

Sustenance

balance
exercise, movement
food, water, air
health
nourishment
nutrition
rest, recreation
rejuvenation
sleep
touch
warmth
wellness
vitality, energy, aliveness

Safety

comfort
confidence
protection from harm
relaxation
security
shelter
trust

Order

beauty
calm, ease
equanimity
flow
focus
harmony
interdependence
predictability
simplicity
serenity
stability
structure
tranquility
wholeness
wonder

CONNECTION

(love)

Care

affection
closeness
dignity, intimacy
equality
esteem, positive regard
generosity
kindness
mattering, importance
nurturing
support, help
respect, honoring
valuing, prizing

Empathy

awareness
acceptance
acknowledgment
communication
compassion
consideration
empathy
openness
presence
recognition
receptivity
sensitivity
understanding

Community

belonging
collaboration, team
companionship
cooperation
fellowship
generosity
inclusion
home
hospitality, welcoming
mutuality, reciprocity
partnership

SELF-EXPRESSION

(joy)

Freedom

adventure
actualization
autonomy
choice
creativity, innovation
growth, challenge
humor
independence
play, fun
spontaneity

Honesty

authenticity
clarity
confidence
consistency
congruence
dependability
integrity
power, empowerment
presence
reliability
trust

Meaning

achievement
appreciation, gratitude
celebration, mourning
contribution
discovery
efficacy, effectiveness
excellence, mastery, skill
inspiration
learning
passion
purpose
vision
wisdom

FEELINGS

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

PEACEFUL

tranquil
calm
content
engrossed
absorbed
expansive
serene
loving
blissful
satisfied
relaxed
relieved
quiet
carefree
composed
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
amorous
trusting
open
thankful
radiant
adoring
passionate

GLAD

happy
excited
hopeful
joyful
satisfied
delighted
encouraged
grateful
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic
glorious

PLAYFUL

energetic
effervescent
invigorated
zestful
refreshed
impish
alive
lively
exuberant
giddy
adventurous
mischievous
jubilant
goofy
buoyant
electrified

INTERESTED

involved
inquisitive
intense
enriched
absorbed
alert
aroused
astonished
concerned
curious
eager
enthusiastic
fascinated
intrigued
surprised
helpful

MAD

impatient
pessimistic
disgruntled
frustrated
irritable
edgy
grouchy
agitated
exasperated
disgusted
irked
cantankerous
animosity
bitter
rancorous
irate, furious
angry
hostile
enraged
violent

SAD

lonely
heavy
troubled
helpless
gloomy
overwhelmed
distant
despondent
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
blue
miserable
dejected
melancholy

SCARED

afraid
fearful
terrified
startled
nervous
jittery
horrified
anxious
worried
anguished
lonely
insecure
sensitive
shocked
apprehensive
dread
jealous
desperate
suspicious
frightened

TIRED

exhausted
fatigued
inert
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
heavy
sleepy
disinterested
reluctant
passive
dull
bored
listless
blah
mopey
comatose

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
hurt
uneasy
irritated
suspicious
unsteady
puzzled
restless
boggled
chagrined
unglued
detached
skeptical