UNIVERSAL HUMAN NEEDS

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

**WELL BEING**

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

**Safety**
- comfort
- peace
- protection from harm
- relaxation
- security
- shelter
- trust

**Order**
- abundance
- calm, ease
- confidence
- consistency
- equanimity
- flow
- focus
- harmony
- interdependence
- predictability
- simplicity
- serenity
- stability
- structure
- tranquility
- trust
- wholeness

**CONNECTION**

**Love**
- affection
- care
- 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

**Belonging**
- collaboration, team
- community
- companionship
- cooperation
- fellowship
- generosity
- inclusion
- home
- hospitality, welcoming
- mutuality, reciprocity
- partnership

**SELF-EXPRESSION**

**Freedom**
- adventure
- actualization
- autonomy
- choice
- creativity, innovation
- growth, challenge
- humor
- independence
- joy
- play, fun
- spontaneity

**Honesty**
- authenticity
- clarity
- congruence
- dependability
- integrity
- power, empowerment
- presence
- reliability
- trust

**Meaning**
- achievement, success
- aliveness
- appreciation, gratitude
- beauty
- celebration, mourning
- contribution
- discovery
- efficacy, effectiveness
- excellence, mastery, skill
- inspiration
- learning
- passion
- purpose
- vision
- wisdom
- wonder

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.

<table>
<thead>
<tr>
<th>PEACEFUL</th>
<th>LOVING</th>
<th>GLAD</th>
<th>PLAYFUL</th>
<th>INTERESTED</th>
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