

UNIVERSAL HUMAN NEEDS/VALUES

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

WELL BEING

Safety

confidence
comfort
consistency
courage
equanimity
order
predictability
protection from harm
security
stability
shelter
trust, reliability

Health

abundance
balance,
exercise, movement
flexibility
food, water, air, shelter
nutrition, nourishment
prosperity, richness
simplicity
sleep
sustainability
wellness

Peace

beauty
calm
ease, flow
energy, vitality
enthusiasm
exuberance
fun, joy, happiness
harmony
humor
play
recreation
rejuvenation
rest, relaxation
tranquility, serenity

CONNECTION

Care

acceptance,
affection
appreciation
fairness, justice
generosity
intimacy, closeness
kindness
love
mattering, importance
nurturing
unconditional pos. regard
valuing, prizing, dignity
warmth, touch

Empathy

awareness
acknowledgment
communication
compassion
consideration
presence
recognition
receptivity
seeing, being seen
sensitivity
understanding

Community

belonging
companionship
collaboration, cooperation
friendship, fellowship
help, support
inclusion, equality
interdependence
home
hospitality, welcoming
mutuality, reciprocity
partnership
team
synergy

SELF-EXPRESSION

Freedom

adventure
self-actualization
aliveness
autonomy, choice
courage
creativity
fun
growth
independence
innovation
joy, happiness
spontaneity
wonder, discovery

Honesty

authenticity
congruence
dependability
integrity, trust
openness
power, empowerment
presence
realness
reliability
respect, honoring

Meaning

achievement, success
appreciation, gratitude
celebration, mourning
challenge
contribution
efficacy, effectiveness
excellence, mastery, skill
inspiration,
learning, focus
passion, commitment
purpose
structure, discipline
vision, clarity
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