

# 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

*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