

Universal Human Needs

(an incomplete selection)

Connection

Acceptance
Clarity
Communication
Compassion
Understanding
Autonomy
Choice
Recognition
Space
Spontaneity
Self Care
Reassurance
Respect

Peace

Ease
Relaxation
Harmony
Order
Wholeness
Completion

Interconnection

Belonging
Consideration
Community
Cooperation
Dignity
Mutuality
Shared Responsibility
Shared reality
Shared Understanding
Support
Trust

Meaning

Contribution
Creativity
Hope
Inspiration
Purpose

Celebration

Joy
Mourning
Play
Competence
Effectiveness
Efficiency
Growth
Learning
Power

Honesty

Authenticity
Integrity
Reality

Basic Survival

Shelter
Food & Water
Rest
Safety
Security
Protection

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FEELINGS - SENSATIONS - EMOTIONS

When needs are (met)fulfilled and celebrated

adventurous – engaged – excited – moved
alive – fascinated – peaceful
calm – friendly – playful
open hearted - warmth
confident – relaxed
content – happy – satisfied
curious – hopeful – caring
spacious – present - aware
interested – hopeful
energetic – joyful

When needs are (Not met) lacking or longed for

agitated – embarrassed – nervous
alarmed – overwhelmed
Heavy - turbulent - numb
Tightness - pulling - heart beating fast
ambivalent – flustered – protective
angry – grief – sad - upset - hurt
annoyed – scared
anxious – helpless – stressed
confused – hopeless – suspicious
despairing – impatient – tense
devastated – irritated – terrified
disconnected – lonely – torn
discouraged – longing – troubled

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