

Universal Human Needs

PHYSIOLOGICAL

clean air & water
fluid/water
fuel/food
health
movement
nutrition
rest/sleep
shelter
touch
wellness

SELF-PROTECTION

boundaries/limits
emotional safety
privacy
safety
security

FREEDOM

autonomy
choice
dissent
empowerment
power with one's world
self-determination

COMMUNITY

companionship
friendship
interdependence
to share life's joys and sorrows

CONSIDERATION

appreciation
acknowledgement
honoring
respect
dignity

CONSISTENCY

dependability
predictability
stability
reliability

MUTUALITY

equality
fairness
justice
shared awareness
shared reality

INTEGRITY

authenticity
honesty
honor
trust

BELONGING

acceptance
participation
inclusion

EXPRESSION

creativity
differentiation
individuality
novelty

CONTRIBUTION

to help others
to enrich life
to serve life
to use one's gifts
to matter

COMPETENCE

accomplishment
agency
effectiveness
efficacy
mastery

CLARITY

communication
comprehension
discernment
information
insight
shared reality
to make sense of one's world

SUPPORT

encouragement
help
nurturing
reassurance
understanding

INSPIRATION

hope
ideals/heroes/guides
imagination
innovation
vision

BEING SEEN

appreciation
being known
innocence
recognition
to be seen for one's intentions
to be seen for one's striving
to have one's story told

INTIMACY

affection
bonding
closeness
love
presence
tenderness
warmth

SELF-CONNECTION

self-awareness
self-care
self-confidence
self-expression
self-forgiveness
self-love
self-worth/esteem

COMPASSION

empathy
forgiveness
grace
kindness

HARMONY

beauty
comfort
cooperation
ease
grounding
peace
structure

PLAY

aliveness
fun
humor
joy
laughter
passion
sensuality
sexual expression
spontaneity

TRANSCENDENCE

celebration
communion
faith
flow
goodness
meaning
mourning
purpose
tranquility
unity

Faux Needs (STRATEGIES IN DISGUISE)

CONTROL ... trying to meet needs for having power in one's world, security, predictability

MONEY ... a strategy for choices, security, freedom, efficiency

TIME ... often confused with needs for choice, meaning, purpose

ATTENTION ... trying to get needs met to be seen, known, to matter

APPROVAL ... trying to get needs met for being valued, appreciated, mattering

VENTING/PROCESSING ... strategy for empathy, connection, to be heard, understanding