

Needs

Every human being shares the same basic universal needs that can umbrella over more specific values that can vary between individuals

CONNECTION

acceptance
acknowledgment
affection
appreciation / gratitude
belonging
care
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
dignity
empathy
friendship
inclusion
intimacy
love
mutuality
nurturing
protection
reassurance
reciprocity
respect/self-respect
safety
security
shared reality
stability
support / help
to know and be known
to see and be seen
to understand and
be understood
warmth

HONESTY

authenticity
continuity
integrity
openness
presence
privacy
transparency
trust

MEANING

achievement
awareness
beauty
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
feedback
growth
hope
learning
mourning
mystery
participation
purpose
self-acceptance
self-expression
stimulation
to matter
understanding

AUTONOMY

choice
freedom
independence
power in your world
self determination
space
spontaneity

PEACE

aesthetics
balance
comfort
communion
ease
equality
harmony
inspiration
order
predictability / reliability
structure

PHYSICAL WELL-BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

PLAY

fun
joy
humor

