

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	LOVING	GLAD	PLAYFUL	INTERESTED
tranquil	warm	happy	energetic	involved
calm	affectionate	excited	effervescent	inquisitive
content	tender	hopeful	invigorated	intense
engrossed	appreciative	joyful	zestful	enriched
absorbed	friendly	satisfied	refreshed	absorbed
expansive	sensitive	delighted	impish	alert
serene	compassionate	encouraged	alive	aroused
loving	grateful	grateful	lively	astonished
blissful	nurtured	confident	exuberant	concerned
satisfied	amorous	inspired	giddy	curious
relaxed	trusting	touched	adventurous	eager
relieved	open	proud	mischiefous	enthusiastic
quiet	thankful	exhilarated	jubilant	fascinated
carefree	radiant	ecstatic	goofy	intrigued
composed	adoring	optimistic	buoyant	surprised
fulfilled	passionate	glorious	electrified	helpful
MAD	SAD	SCARED	TIRED	CONFUSED
impatient	lonely	afraid	exhausted	frustrated
pessimistic	heavy	fearful	fatigued	perplexed
disgruntled	troubled	terrified	inert	hesitant
frustrated	helpless	startled	lethargic	troubled
irritable	gloomy	nervous	indifferent	uncomfortable
edgy	overwhelmed	jittery	weary	withdrawn
grouchy	distant	horrified	overwhelmed	apathetic
agitated	despondent	anxious	fidgety	embarrassed
exasperated	discouraged	worried	helpless	hurt
disgusted	distressed	anguished	heavy	uneasy
irked	dismayed	lonely	sleepy	irritated
cantankerous	disheartened	insecure	disinterested	suspicious
animosity	despairing	sensitive	reluctant	unsteady
bitter	sorrowful	shocked	passive	puzzled
rancorous	unhappy	apprehensive	dull	restless
irate, furious	depressed	dread	bored	boggled
angry	blue	jealous	listless	chagrined
hostile	miserable	desperate	blah	unglued
enraged	dejected	suspicious	mopey	detached
violent	melancholy	frightened	comatose	skeptical