

# 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  
nurturance  
partnership  
perspective  
protection  
reassurance  
reciprocity  
respect / self-respect  
safety  
security  
shared reality  
stability  
support / help  
tenderness  
to have your intentions  
    seen  
to hear and be heard  
to know and be known  
to see and be seen  
to understand and  
    be understood  
warmth

## HONESTY

authenticity  
continuity  
equity  
integrity  
openness  
presence  
privacy  
transparency  
trust

## MEANING

achievement  
awareness  
beauty  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
efficiency  
faith  
feedback  
growth / progress  
healing  
hope  
inspiration  
integration  
learning  
mourning  
mystery  
participation  
purpose  
self-acceptance  
self-expression  
stimulation  
to matter / significance  
understanding

## AUTONOMY

choice  
freedom  
independence  
identity  
power in your world  
self determination  
space  
spontaneity / variety

## PEACE

aesthetics  
balance  
certainty  
comfort  
communion  
ease  
equality  
equanimity  
harmony  
order  
peace-of-mind  
predictability / reliability  
rejuvenation  
serenity / tranquility  
structure

## PHYSICAL WELL-BEING

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

## PLAY

fun  
joy  
humor

