

UNIVERSAL HUMAN NEEDS & VALUES

The needs below are grouped into 3 categories (Peace, Love and Joy) and 9 sub-categories (Health, Safety, Rest, Caring, Empathy, Community, Autonomy, Creativity, Meaning)

PEACE

Sustenance/Health

abundance/thriving
exercise
food, nutrition
nourishment
rest, sleep
shelter
sustainability
support/help
well-being
vitality, energy, aliveness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
stability
trust, faith

Rest/Recreation/Fun

awareness
balance
beauty
ease
equanimity
humor
movement
play
relaxation
rejuvenation
simplicity
space
tranquility
wholeness
wonder

LOVE

Caring

affection, warmth
closeness, touch
mattering/importance
compassion, kindness
intimacy
connection
nurturing
valuing, prizing
respect, honoring

Empathy/Understanding

clarity
awareness
acceptance
acknowledgment
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence, listening
respect, equality
receptivity, openness
recognition
seeing (see/be seen)
sensitivity

Community/Belonging

cooperation
companionship
generosity
inclusion
harmony
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

JOY

Autonomy/Authenticity

choice
clarity
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

Creativity/Play

adventure
aliveness
discovery
initiative
innovation
inspiration
mystery
passion
spontaneity

Meaning/Contribution

appreciation, gratitude
achievement, productivity
purpose, value
celebration, mourning
challenge
efficacy
effectiveness
excellence, mastery
feedback
growth, learning
self-expression
participation
self-actualization
self-esteem

