



LIST OF HUMAN NEEDS

WELL BEING

Sustenance/Health

abundance/thriving
exercise
food/nutrition
rest/sleep
sustainability
support/help
survival
wellness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
relaxation
self-esteem
shelter
stability
trust

Peace/Beauty/Rest

acceptance
appreciation, gratitude
awareness
balance
clarity
ease
equanimity
harmony
presence
recreation
relaxation
simplicity
space
tranquility
wonder

EXPRESSION

Autonomy/Authenticity

choice
congruence
consistency
continuity
dignity
freedom
honesty
independence
initiative
innovation
integrity
power
transparency, openness
wholeness

Creativity/Play

adventure
discovery
fun
humor
inspiration
joy
movement
passion
spontaneity

Meaning/Contribution

aliveness
achievement, productivity
celebration/mourning
challenge
competence
efficacy
effectiveness
feedback
growth
learning, clarity
mystery
participation
purpose, value

CONNECTION

Love/Caring

affection
closeness
companionship
compassion
intimacy
kindness
mattering/importance
nurturing
partnership
presence
sexual connection
touch
warmth

Empathy/Understanding

awareness
clarity
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence
respect
seeing (see/be seen)
sensitivity

Community/Belonging

cooperation
equality
fellowship
inclusion
interdependence
harmony
mutuality
reciprocity
solidarity
support
trust