

# Universal Human Needs/Values

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## Autonomy

choice  
freedom  
independence  
space  
spontaneity

## Connection

acceptance  
affection  
appreciation  
belonging  
care  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
interdependence  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect  
safety (emotional)  
security  
stability  
support  
to know and be known  
to matter  
to see and be seen  
to understand and be understood  
trust  
warmth

## Honesty

authenticity  
integrity  
presence

## Meaning

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to make an impact  
understanding

## Peace

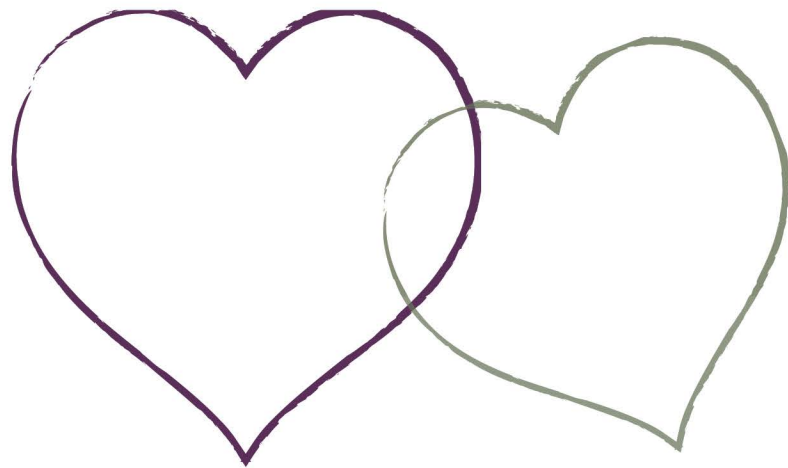
beauty  
communion  
ease  
equality/equity  
harmony  
inspiration  
justice  
order

## Physical Well-Being

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

## Play

fun  
joy  
humor



COUPLES COMMUNICATION COACHING