

NEEDS/VALUES/MOTIVATIONS

A selection of Universal Human Needs, arranged alphabetically

acceptance acknowledgment adventure affection air aliveness appreciation (?) authenticity AUTONOMY awareness balance beauty belonging calmness care celebration celebration of life challenge choice “choice of dreams, goals, values and how to fulfill them” clarity closeness comfort communication communion COMMUNITY companionship compassion competence (?) CONNECTION consciousness congruence consideration consistency contribution cooperation	CREATIVITY dignity discovery ease effectiveness efficacy efficiency emotional safety EMPATHY equality fairness (?) family flow food / nourishment freedom friendship fun gentleness giving from the heart gratitude (?) growth harmony health help home honesty hope humor inclusion independence (?) inspiration integrity interest intimacy joy kindness laughter learning	LOVE MEANING mourning movement/exercise mutuality nurturance nurturing openness order participation passion peace physical well-being play power / influence predictability presence privacy pro-activity productivity protection from harm purpose reassurance recreation relaxation respect responsibility REST rest/sleep romance SAFETY security self-acceptance self-appreciation self-awareness self-care self-empathy	self-esteem self-expression self-generation self-understanding self-worth sexual expression shared reality sharing shelter silence space spiritual communion spontaneity stability stillness stimulation structure success (?) support SUSTENANCE teamwork togetherness to be heard to enrich life to know and be known to matter to see and be seen “to understand and to be understood” touch transparency trust understanding warmth water
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