

NEEDS/VALUES/MOTIVATIONS

A selection of Universal Human Needs, arranged alphabetically

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