

NEEDS/VALUES/MOTIVATIONS

A selection of Universal Human Needs, loosely grouped under Sustenance, Safety, Rest, Community, Love, Empathy, Creativity, Autonomy, and Meaning.

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