

UNIVERSAL HUMAN NEEDS

physical

clean air & water
sustenance
nutrition
movement
rest, sleep
sexual expression
shelter
touch
health

safety

boundaries
emotional safety
privacy
security

autonomy

choice
freedom
independence
power with one's
world

consideration

acknowledgement
honoring
respect

consistency

dependability
predictability
stability
reliability

fairness

awareness
equality
justice
mutuality

integrity

authenticity
dignity
honesty
honor
trust

belonging

acceptance
participation
inclusion

harmony

ease
cooperation

contribution

to help others
to enrich life
to serve life
to use one's gifts
to matter
purpose
meaning

competence

accomplishment
efficacy

clarity

communication
comprehension
discernment
information
shared reality
to make sense of
one's world

support

nurturing
encouragement
reassurance
understanding
help

being seen

appreciation
being known
recognition
to be seen for
one's intentions
to be seen for
one's striving
innocence
to have one's story
told

community

friendship
companionship
to share life's joys
and sorrows
interdependence

intimacy

affection
love
closeness
warmth
presence
bonding
tenderness

celebration

mourning

self-love

self-confidence
self-connection
self-expression
self-forgiveness
self-nurturing
self-worth

order

peace
beauty
comfort
grounding
structure

compassion

empathy
kindness
grace
forgiveness

leisure

relaxation

growth

learning
discovery
new experiences
challenges
stimulation

expression

creativity
individuality
differentiation

play

fun
spontaneity
joy
humor
laughter
aliveness

inspiration

heroes
ideals
hope

transcendence

communion
faith
flow
goodness
unity

FAUX NEEDS (STRATEGIES IN DISGUISE)

control... a strategy trying to meet needs for safety, security, predictability, power in one's world

space... a strategy trying to meet needs for self-connection, autonomy, individuality, choices

approval... a strategy for appreciation, recognition, belonging, to matter, to be valued

venting... a (costly) strategy for empathy, connection, to be heard, understanding

money... a strategy for sustenance, security, freedom, choices, efficiency