**Universal Human Needs**

**Physical**
clean air & water
nutritious food
movement
sleep
sexual expression
shelter
touch

**Safety**
boundaries
privacy
security

**Predictability**
consistency
dependability
structure
stability
reliability
trust

**Autonomy**
choice
freedom
independence
power within one’s world

**Fairness**
equality
justice
mutuality

**Rest**
relaxation
leisure
comfort
grounding
ease

**Belonging**
acceptance
participation
inclusion

**Connection**
community
friendship
companionship
interdependence

**Consideration**
acknowledgement
honoring
respect
dignity
validation
for one’s needs to matter

**To be oneself**
authenticity
integrity
honesty
self-expression
creativity
individuality
differentiation
to decide one’s own meaning

**Contribution**
to serve others
to enrich life
purpose

**Grief**
honoring what was
time to process
letting go

**Clarity**
information
communication
shared reality
for things to make sense

**Compassion**
empathy
kindness
grace
forgiveness

**Harmony**
order
peace
beauty
cooperation

**Intimacy**
affection
closeness
warmth
presence
tenderness

**Self-love**
self-connection
self-forgiveness
self-nurturing
self-worth
self-validation
self-awareness

**Support**
nurturing
encouragement
reassurance
understanding
help

**Competence**
accomplishment
efficacy
to use one’s gifts

**To be seen**
appreciation
recognition
to be seen for one’s intentions
innocence
representation
celebration

**Growth**
learning
discovery
new experiences
challenges
stimulation

**Play**
fun
spontaneity
laughter
aliveness
lightness

**Inspiration**
heroes
ideals
hope

**Transcendence**
communion
nurturing
faith
flow
unity
meaning

**Faux Needs (Strategies in Disguise)**

**Control**... a strategy for safety, security, predictability, power in one’s world

**Space**... a strategy for self-connection, autonomy, individuality, choices

**Approval**... a strategy for appreciation, recognition, belonging, validation

**Venting**... a strategy for empathy, connection, to be heard, understanding

**Money**... a strategy for sustenance, security, freedom, choices, ease

Created by Emma Arbogast [joyninja.com](http://joyninja.com), based on Nonviolent Communication, created by Marshall Rosenberg. Free to copy with attribution.