

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
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