

UNIVERSAL HUMAN NEEDS/VALUES

The needs below are grouped into categories of core needs, 3 meta-categories and 9 subcategories

WELL BEING (peace)	CONNECTION (love)	SELF-EXPRESSION (joy)
SUSTENANCE/HEALTH	LOVE/CARING	AUTONOMY/AUTHENTICITY
<ul style="list-style-type: none"> abundance/thriving exercise food, nutrition nourishment rest, sleep shelter sustainability support/help wellness vitality, energy, aliveness 	<ul style="list-style-type: none"> beauty closeness, touch companionship compassion, kindness intimacy mattering/importance nurturing sexual connection respect, honoring valuing, prizing 	<ul style="list-style-type: none"> choice clarity congruence consistency continuity dignity freedom honesty independence integrity power, empowerment self-responsibility
SAFETY/SECURITY	EMPATHY/UNDERSTANDING	CREATIVITY/PLAY
<ul style="list-style-type: none"> comfort confidence emotional safety familiarity order, structure predictability protection from harm stability trust, faith 	<ul style="list-style-type: none"> Awareness, clarity acceptance acknowledgment communication consideration hearing (hear/be heard) knowing (know/be known) presence, listening respect, equality receptivity, openness recognition seeing (see/be seen) self-esteem sensitivity 	<ul style="list-style-type: none"> adventure aliveness discovery initiative innovation inspiration mystery passion spontaneity
REST/RECREATION/FUN	COMMUNITY/BELONGING	MEANING/CONTRIBUTION
<ul style="list-style-type: none"> acceptance appreciation, gratitude awareness balance beauty ease equanimity humor movement play relaxation rejuvenation simplicity space tranquility wholeness wonder 	<ul style="list-style-type: none"> cooperation fellowship generosity inclusion interdependence harmony, peace hospitality, welcoming mutuality, reciprocity partnership, relationship support, solidarity trust, dependability transparency, openness 	<ul style="list-style-type: none"> appreciation, gratitude achievement, productivity celebration, mourning challenge efficacy effectiveness excellence feedback growth learning, clarity mystery participation purpose, value self-actualization self-esteem skill, mastery



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FEELINGS

Feelings are bodily felt experiences and tell us about our needs being met or not met, and about what we are observing, thinking and wanting.

PEACEFUL	LOVING	GLAD	PLAYFUL	INTERESTED
tranquil calm content engrossed absorbed expansive serene loving blissful satisfied relaxed relieved quiet carefree composed fulfilled	warm affectionate tender appreciative friendly sensitive compassionate grateful nurtured amorous trusting open thankful radiant adoring passionate	happy excited hopeful joyful satisfied delighted encouraged grateful confident inspired touched proud exhilarated ecstatic optimistic glorious	energetic effervescent invigorated zestful refreshed impish alive lively exuberant giddy adventurous mischievous jubilant goofy buoyant electrified	involved inquisitive intense enriched absorbed alert aroused astonished concerned curious eager enthusiastic fascinated intrigued surprised helpful
MAD	SAD	SCARED	TIRED	CONFUSED
impatient pessimistic disgruntled frustrated irritable edgy grouchy agitated exasperated disgusted irked cantankerous animosity bitter rancorous irate, furious angry hostile enraged violent	lonely heavy troubled helpless gloomy overwhelmed distant despondent discouraged distressed dismayed disheartened despairing sorrowful unhappy depressed blue miserable dejected melancholy	afraid fearful terrified startled nervous jittery horrified anxious worried anguished lonely insecure sensitive shocked apprehensive dread jealous desperate suspicious frightened	exhausted fatigued inert lethargic indifferent weary overwhelmed fidgety helpless heavy sleepy disinterested reluctant passive dull bored listless blah mopey comatose	frustrated perplexed hesitant troubled uncomfortable withdrawn apathetic embarrassed hurt uneasy irritated suspicious unsteady puzzled restless boggled chagrined unglued detached skeptical



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