UNIVERSAL HUMAN NEEDS/VALUES
The needs below are grouped into categories of core needs, 3 meta-categories and 9 subcategories

**WELL BEING (peace)**

**Sustenance/Health**
abundance/thriving
exercise
food, nutrition
nourishment
rest, sleep
shelter
sustainability
support/help
wellness
vitality, energy, aliveness

**Safety/Security**
comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
stability
trust, faith

**Rest/Recreation/Fun**
acceptance
appreciation, gratitude
awareness
balance
beauty
ease
equanimitiy
humor
movement
play
relaxation
rejuvenation
simplicity
space
tranquility
wholeness
wonder

**CONNECTION (love)**

**Love/Caring**
affection, warmth
beauty
closeness, touch
companionship
compassion, kindness
intimacy
mattering/importance
nurturing
sexual connection
respect, honoring
valuing, prizing

**Empathy/Understanding**
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

**Community/Belonging**
cooperation
fellowship
generosity
inclusion
interdependence
harmony, peace
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

**SELF-EXPRESSION (joy)**

**Autonomy/Authenticity**
choice
clarity
congruence
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

**Creativity/Play**
adventure
aliveness
discovery
initiative
innovation
inspiration
mystery
passion
spontaneity

**Meaning/Contribution**
appreciation, gratitude
achievement, productivity
celebration, mourning
challenge
efficacy
effectiveness
excellence
feedback
growth
learning, clarity
mystery
participation
purpose, value
self-actualization
self-esteem
skill, mastery