

Universal Human Needs

relational

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
consistency
empathy
inclusion
intimacy
love
nurturing
respect
self-respect
safety
security
stability
support
to know
to be known
to see
to be seen
to understand
to be understood
to trust
to be trusted
warmth

sincerity

authenticity
integrity
presence

joy

humor
play

harmony

beauty
communion
ease
equality
inspiration
order
peace

wellness

air
food
movement / exercise
rest / sleep
sexual expression
safety
shelter
touch
water

purpose

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
meaning
mourning
participation
self-expression
stimulation
to matter
understanding

self-determination

choice
freedom
independence
space
spontaneity

When your needs are satisfied, you feel...

| | | | |
|---------------|--------------|--------------|--------------|
| friendly | inspired | appreciative | calm |
| affectionate | awed | grateful | clear headed |
| compassionate | amazed | moved | comfortable |
| loving | wonder | thankful | content |
| open hearted | | touched | fulfilled |
| sympathetic | invigorated | expectant | mellow |
| tender | amazed | hopeful | quiet |
| warm | animated | encouraged | relaxed |
| | aroused | optimistic | satisfied |
| empowered | astonished | amused | tranquil |
| confident | dazzled | | rejuvenated |
| open | enthusiastic | joyful | enlivened |
| proud | giddy | delighted | refreshed |
| safe | lively | glad | renewed |
| secure | passionate | happy | rested |
| | vibrant | | restored |

When your needs are not satisfied, you feel...

| | | | |
|--------------|------------|--------------|--------------|
| fearful | disgusted | detached | hurt |
| afraid | appalled | alienated | anguished |
| apprehensive | contempt | aloof | bereaved |
| frightened | dislike | apathetic | devastated |
| panicked | hate | bored | grief |
| petrified | horrified | cold | heartbroken |
| scared | hostile | distant | lonely |
| suspicious | | distracted | miserable |
| terrified | perplexed | indifferent | remorseful |
| worried | ambivalent | numb | |
| | baffled | withdrawn | sad |
| frustrated | confused | agitated | depressed |
| annoyed | dazed | alarmed | dejected |
| aggravated | hesitant | disconnected | despair |
| dismayed | puzzled | disturbed | despondent |
| displeased | | perturbed | disappointed |
| exasperated | | rattled | discouraged |
| impatient | | restless | hopeless |
| irked | | upset | melancholy |
| | | | unhappy |