

# Universal Human Needs – Partial List

(without reference to specific people, time, actions, things)

## **Subsistence and Security**

### ***Physical Sustenance***

Air  
Food  
Health  
Movement  
Physical Safety  
Rest / sleep  
Shelter  
Touch  
Water

### ***Security***

Consistency  
Order/Structure  
Peace (external)  
Peace of mind  
Protection  
Safety (emotional)  
Stability  
Trusting

### **Freedom**

#### ***Autonomy***

Choice  
Ease  
Independence

Power

Self-responsibility  
Space  
Spontaneity

#### ***Leisure/Relaxation***

Humor  
Joy  
Play  
Pleasure  
Rejuvenation

## **Connection**

### ***Affection***

Appreciation  
Attention  
Closeness  
Companionship  
Harmony  
Intimacy  
Love  
Nurturing  
Sexual Expression  
Support  
Tenderness  
Warmth

### ***To Matter***

Acceptance  
Care  
Compassion  
Consideration  
Empathy  
Kindness  
Mutual Recognition  
Respect  
To be heard, seen  
To be known, understood  
To be trusted  
Understanding others

### ***Community***

Belonging  
Communication  
Cooperation  
Equality  
Inclusion  
Mutuality  
Participation  
Partnership  
Self-expression  
Sharing

## **Meaning**

### ***Sense of Self***

Authenticity  
Competence  
Creativity  
Dignity  
Growth  
Healing  
Honesty  
Integrity  
Self-acceptance  
Self-care  
Self-connection  
Self-knowledge  
Self-realization  
Mattering to myself

### ***Understanding***

Awareness  
Clarity  
Discovery  
Learning  
Making sense of life  
Stimulation

### ***Meaning***

Aliveness  
Challenge  
Consciousness  
Contribution  
Creativity  
Effectiveness  
Exploration  
Integration  
Purpose

### ***Transcendence***

Beauty  
Celebration of life  
Communion  
Faith  
Flow  
Hope  
Inspiration  
Mourning  
Peace (internal)  
Presence

This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.