

Universal Basic Needs

PHYSICAL WELL-BEING

air
nourishment (food, water)
light
warmth
rest / sleep
movement / physical
exercise
health
touch
sexual expression
shelter / security / safety /
emotional safety /
protection from pain /
protection / preservation
comfort

HARMONY

peace
beauty
calm / equanimity /
relaxation / tranquility
ease
order
coherence / congruence
sustainability
stability / balance
communion / wholeness
completion / digestion /
integration
predictability / familiarity
equality / justice / fairness

CONNECTION

love / self-love
care / self-care
belonging
closeness / intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see & be seen)
hearing (hear & be heard)
understanding (understand
& be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship / partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream / faith
clarity / focus / concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence /
self-esteem/ dignity /
efficacy / effectiveness
to matter / take part in /
have my place in the world
spirituality / purpose
liberation / transformation
Interdependence
simplicity
celebration / mourning

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

PLAY

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity
renewal / refreshment

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