

# Universal Basic Needs

## PHYSICAL WELL-BEING

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

## HARMONY

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

## CONNECTION

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

## MEANING

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

## FREEDOM

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

## HONESTY

self-expression  
authenticity  
integrity  
transparency  
realness / truth

## PLAY

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

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