

LONGINGS/ VALUES / YEARNINGS

# UNIVERSAL HUMAN NEEDS

## Connection

Communication  
Empathy  
Love  
Intimacy  
Friendship  
Companionship  
Family  
Shared Values  
Presence

## Spiritual

Beauty  
Awareness  
Connection with Life  
Harmony  
Inspiration  
Order  
Tranquility /  
Serenity /Peace  
Discovery  
Inspiration  
Meaning  
Hope  
Trust

## Celebration of Life

Celebrate the creation  
of life  
Celebrate the loss of life  
(mourning)  
Joy  
Play  
Humor / Fun  
Aliveness

## Physical Survival

Health  
Rest / Ease  
Safety  
Stability  
Procreation  
Movement  
Nourishment  
Touch

## Mental

Understanding  
Clarity  
Stimulation  
Creativity

## Interdependence

Appreciation  
Acknowledgment  
Participation  
Community / belonging  
Preservation of Life  
Support  
Co-Creation  
Cooperation  
Consideration  
Mutuality  
Sexual Expression  
Contribution  
Efficiency  
Mutuality/ Reciprocity  
Belonging / Inclusion  
To matter  
Acceptance

## Growth/ Nurturing

Affection  
Caring  
Learning  
Bonding  
Empathy  
To be seen/ heard  
Balance

## Autonomy

Freedom  
Choice  
Space  
Spontaneity  
Equality

## Self-Expression

Creativity  
Purpose  
Challenge

## Integrity

Authenticity  
Self-Value  
Purpose  
Wholeness  
Significance/  
Meaning  
Honesty  
Respect

