

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
	dazzled		rejuvenated
confident	enthusiastic	joyful	enlivened
open	giddy	delighted	refreshed
proud	lively	glad	renewed
safe	passionate	happy	rested
secure	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	baffled	withdrawn	sad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
	dazed	alarmed	dejected
annoyed	hesitant	disconnected	despair
aggravated	puzzled	disturbed	despondent
dismayed		perturbed	disappointed
displeased		rattled	discouraged
exasperated		restless	hopeless
impatient		upset	melancholy
irked			unhappy