

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

**Physical
Survival**

Health
Rest / Ease
Safety
Stability
Procreation
Movement
Nourishment
Touch

**Celebration of
Life**

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

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

Integrity

Authenticity
Self-Value
Purpose
Wholeness
Significance/
Meaning
Honesty
Respect

Autonomy

Freedom
Choice
Space
Spontaneity
Equality

**Self-
Expression**

Creativity
Purpose
Challenge