

UNIVERSAL HUMAN NEEDS

Below is a listing of how I (John) group human needs into 3 meta-categories and 9 subcategories of core needs. The list is meant to be neither exhaustive nor definitive.

WELL BEING

Sustenance/Health

abundance, thriving
exercise
food/nutrition
rest, sleep
sustainability
support, help
survival
wellness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
predictability
protection from harm
relaxation
self-esteem
shelter
stability
trust

Peace/Beauty/Rest

acceptance
appreciation, gratitude
awareness
balance
clarity
ease
equanimity
harmony
presence
recreation
relaxation
simplicity
space
tranquility
wonder

EXPRESSION

Autonomy/Authenticity

choice
congruence
consistency
continuity
dignity
freedom
honesty
independence
initiative
innovation
integrity
power
transparency
openness
wholeness

Creativity/Play

adventure
discovery
fun
humor
inspiration
joy
movement
passion
spontaneity

Meaning/Contribution

aliveness
achievement, productivity
celebration/mourning
challenge
competence
efficacy
effectiveness
feedback
growth
learning, clarity
mystery
participation
purpose, value

CONNECTION

Love/Caring

affection
closeness
companionship
compassion
intimacy
kindness
mattering, importance
nurturing
partnership
presence
sexual connection
touch
warmth

Empathy/Understanding

awareness
clarity
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence
respect
seeing (see/be seen)
sensitivity

Community/Belonging

cooperation
equality
fellowship
inclusion
interdependence
harmony
mutuality
reciprocity
solidarity
support
trust

UNIVERSAL HUMAN FEELINGS

Feelings tell us whether our needs are being met or not met. This list is neither exhaustive nor definitive. It is to support people's development of feelings literacy.

PEACEFUL

tranquil
calm
content
engrossed
absorbed
expansive
serene
loving
blissful
satisfied
relaxed
relieved
quiet
carefree
composed
fulfilled

LOVING

warm
affectionate
tender
appreciative
friendly
sensitive
compassionate
grateful
nurtured
amorous
trusting
open
thankful
radiant
adoring
passionate

GLAD

happy
excited
hopeful
joyful
satisfied
delighted
encouraged
grateful
confident
inspired
touched
proud
exhilarated
ecstatic
optimistic
glorious

PLAYFUL

energetic
effervescent
invigorated
zestful
refreshed
impish
alive
lively
exuberant
giddy
adventurous
mischievous
jubilant
goofy
buoyant
electrified

INTERESTED

involved
inquisitive
intense
enriched
absorbed
alert
aroused
astonished
concerned
curious
eager
enthusiastic
fascinated
intrigued
surprised
helpful

MAD

impatient
pessimistic
disgruntled
frustrated
irritable
edgy
grouchy
agitated
exasperated
disgusted
irked
cantankerous
animosity
bitter
rancorous
irate, furious
angry
hostile
enraged
violent

SAD

lonely
heavy
troubled
helpless
gloomy
overwhelmed
distant
despondent
discouraged
distressed
dismayed
disheartened
despairing
sorrowful
unhappy
depressed
blue
miserable
dejected
melancholy

SCARED

afraid
fearful
terrified
startled
nervous
jittery
horrified
anxious
worried
anguished
lonely
insecure
sensitive
shocked
apprehensive
dread
jealous
desperate
suspicious
frightened

TIRED

exhausted
fatigued
inert
lethargic
indifferent
weary
overwhelmed
fidgety
helpless
heavy
sleepy
disinterested
reluctant
passive
dull
bored
listless
blah
mopey
comatose

CONFUSED

frustrated
perplexed
hesitant
troubled
uncomfortable
withdrawn
apathetic
embarrassed
hurt
uneasy
irritated
suspicious
unsteady
puzzled
restless
boggled
chagrined
unglued
detached
skeptical