

Universal Human Needs

PHYSICAL WELL-BEING

AIR
NOURISHMENT (FOOD, WATER)
LIGHT
WARMTH
REST / SLEEP
MOVEMENT / PHYSICAL EXERCISE
HEALTH
TOUCH
SEXUAL EXPRESSION
SHELTER / SECURITY / SAFETY /
EMOTIONAL SAFETY
PROTECTION FROM PAIN/PROTECTION /
PRESERVATION
COMFORT

HARMONY

PEACE
BEAUTY
CALM/EQUINIMITY/RELAXATION/
TRANQUILITY
EASE
ORDER
COHERENCE / CONGRUENCE
SUSTAINABILITY / BALANCE
COMMUNION / WHOLENESS /
COMPLETION / DIGESTION /
INTEGRATION
PREDICTABILITY
FAMILIARITY
EQUALITY / JUSTICE / FAIRNESS

CONNECTION

LOVE / SELF-LOVE
CARE / SELF -CARE
BELONGING
CLOSENESS
INTIMACY
EMPATHY
COMPASSION
APPRECIATION / GRATITUDE
ACCEPTANCE
RECOGNITION
REASSURANCE
AFFECTION
ATTENTION
OPENNESS
TRUST
COMMUNICATION
SHARING / EXCHANGE /
GIVING / RECEIVING
TENDERNESS / SOFTNESS
SENSITIVITY / KINDNESS
RESPECT
SEEING (SEE & BE SEEN)
HEARING (HEAR & BE HEARD)
UNDERSTANDING (UNDERSTAND
AND BE UNDERSTOOD)
CONSIDERATION / INCLUSION /
THAT MY NEEDS MATTER /
PARTICIPATION / SUPPORT / HELP /
NURTURANCE / COOPERATION /
COLLABORATION / COMMUNITY /
FELLOWSHIP / COMPANIONSHIP /
PARTNERSHIP / MUTUALITY /
RECIPROCITY / CONSISTENCY /
CONTINUITY

MEANING

CONTRIBUTION / ENRICH LIFE
PRESENCE / CENTERDNESS
SELF CONNECTION
HOPE / VISION / DREAM / FAITH
/ CLARITY / FOCUS /
CONCERNTRATION / TO KNOW
(BE IN REALITY)
LEARNING
AWARENESS / CONCIOUNESS
INSPIRATION / CREATIVITY /
CHALLNEGE / STIMULATION /
GROWTH / EVOLUTION /
PROGRESS / EXPANSION /
EXPLORATION / DEVELOPMENT
/ POWER / (INNER) STRENGTH /
EMPOWERMENT / COMPETENCE
/ CAPACITY / SELF-VALUE / SELF-
CONFIDENCE / SELF - ESTEEM /
DIGNITY / EFFICACY /
EFFECTIVENESS / TO MATTER /
TAKE PART IN / HAVE MY PLACE
IN THE WORLD / SPIRITUALITY /
PURPOSE / LIBERATION /
TRANSFORMATION /
INTERDEPENDENCE /
SIMPLICITY / CELEBRATION /
MOURNING

FREEDOM

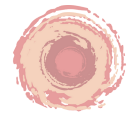
CHOICE / ACTING OUT OF MY
OWN SPIRITUALITY /
AUTONOMY
INDIPENDENCE
SPACE / TIME

HONESTY

AUTHENTICITY
(SELF) EXPRESSION
INTEGRITY
TRANSPARENCY
REALNESS / TRUTH

PLAY

LIVELINESS / ALIVE / VITALITY
FLOW
PASSION
SPONTANEITY
FUN
HUMOR / LAUGH /
LIGHTNESS / DISCOVERY /
ADVENTURE / VARIETY /
DIVERSITY / RENEWAL /
REFRESHMENT



FEELINGS - SENSATIONS - EMOTIONS

CALM

REALXATION / SERENE / TRANQUIL /
PEACEFUL / QUIETE / AT EASE /
COMFORTABLE / AT HOME

GROUNDED/ CENTERED / TRUSTING /
RELIEF / CONTENT / FULFILLED /
SATISFACTION / MELLOW

LIVELY

AWAKE / EXCITEMENT /
ENTHUSIASUM / EAGER / ENERGETIC
/ PASSIONATE / ALIVE / SURPRISE

VIBRANT / BLISS / ECSTATIC /
RADIANT / THRILL / ASTONISHMENT
/ AMAZMENT / TINGLE

CONFUSION

TORN
DOUBT
LOST
HESITANT
BAFFLEMENT
PERPLEXED
PUZZLED

BODY SENSATIONS

KNOT IN THE BELLY	SHRINK
LUMP IN THE THROAT	SICK
INNER RUSH	WEAK
TENSE	EMPTY
CHOKING	SHAKY
BREATHLESS	DIZZY
SQUEEZE	FOGGY
TREMBLING	COLD

HAPPY

JOY / AMUSEMENT / ANIMATED /
DELIGHT / GLAD / PLEASED

COMPASSION

TENDER / WARM .
OPEN / LOVING

TOUCHED / MOVED
/ AFFECTION /
FRIENDLY

VULNERABLE

FRAGILE
INSECURE
RESERVATION
SENSITIVE

SAD

HEAVY HEARTED
NOSTALGIC
MELONCHOLY
DISSAPOINTTMENT
DEPRESSION
HOPLESS
HELPLESS
GLOOMY
DOWN
LONGING
DESPAIR

PAIN

GUILT
HURT
LONLEY
GREIF
AGONY
SUFFERING
HEARTBREAK
MISERABLE
DEVESTATION
REGRET
REMOSRSFUL
TURMOIL

AGITATION

UNCURTAN
TROUBLED
UNSETTLED
CRANKY
DISQUIET
ALERT
RESTLESS
SHOCK
UNCOMFORTABLE
UNEASY

CURIOUS

FACINATION
INTEREST
INVOLVMENT
ENGAGMENT
INSPIRATION
ANTICIPATION
WONDER

GRATEFUL

APPRECIATION
THANKFUL
OPENHEARTED
ENCOURAGMENT

JELOUSE

ENVIOS

SHAME

EMBARRASMENT
SHY

FEAR

AFRAID
SCARED
SUSPICION
PANIC
PARALYZED
TERROR
APPREHENSION

WORRY

ANXIOUSE
EDGY
CONCERN
STRESS
TENSE
NERVOUSE

ANNOYANCE

IRRITATION
FRUSTRATION
EXASPERATION
IMAPTIENT

ANGER

UPSET
FURIOUSE
RAGE
RESENTFUL

HATE

HOSTILE
AVERSION
BITTER
DISGUST
CONTEMPT
DISLIKE

CONFIDENT

EMPOWERMENT
PROUD
HOPEFUL
OPTIMISTIC
STRONG

REFRESHMENT

RESTED
ENLIVENED
RESTORED
REACTIONED
CLEARHEADED
EXUBERANT

FATIGUE

OVERWHELM
BURN-OUT
EXAUGHSTION
SLEEPY
TIRED

BOREDOM

APATHETIC
NUMB
FAR
WITHDRAWN
DISENGAEMENT

Emma Buggy -

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