



Universal Needs Reference Guide

(Please note: This is not intended to be a comprehensive list, but rather a starting point to help you gain awareness of your inner experience)

Autonomy

Choosing Dreams, Goals, Values
Choosing plans for fulfilling one's dreams, goals, values
Liberty
Freedom
Independence
Choice
Individuality
Self empowerment
Solitude
Space
Spontaneity
Honesty
Authenticity
Integrity
Presence

Celebration of Life

Celebrate the creation of life and dreams fulfilled
Celebrate losses: loved ones, dreams (mourning)
Aliveness
Intensity
Stimulation
Excitement
Passion
Pleasure
Delight
Humor
Mourning
Communion
Integrity
Authenticity
Creativity
Dreams
Growth
Meaning
Purpose
Self respect
Self worth
Values
Vision

Interdependence

Acceptance
Affection
Appreciation
Being heard / seen
Belonging
Closeness / Intimacy
Communication
Community / Sharing
Cooperation
Connection
Consideration
Contribution to Life
Emotional safety / freedom
Empathy
Equality / Fairness
Friendship / Companionship
Honesty
Love
Predictability / Consistency
Reassurance
Respect
Stability / Reliability
Support
Trust
Understanding

Physical Nurturance

Air
Bonding
Comfort
Nourishment
Movement, Exercise
Physical affection
Rest
Safety
Sexual Expression
Shelter
Sunlight
Tenderness
Touch
Water



Play

Adventure
Fun
Humor
Joy
Laughter
Relaxation

Mental

Stimulation
Clarity
To understand
Comprehension
Information
Consciousness
Thinking
Reflection
Discrimination

Spiritual Communion

Awareness / Being
Beauty
Giving
Grace
Gratitude
Harmony
Inspiration
Mastery
Order
Peace
Serving

Meaning

Awareness
Celebration of life
Challenge
Clarity
Competence
Consciousness
Contribution
Creativity
Discovery
Efficacy
Effectiveness
Growth
Hope

Learning

Mourning
Participation
Purpose
Self-expression
Stimulation
To matter
Understanding

Connection

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Community
Companionship
Compassion
Consideration
Consistency
Empathy
Inclusion
Intimacy
Love
Mutuality
Nurturing
Respect/Self-respect
Safety
Security
Stability
Support
To be known
To be seen
To be understood
Trust
Warmth

Peace

Beauty
Communion
Ease
Equality
Harmony
Inspiration
Order