

Universal Needs List

Physical Well-Being

Clean Air
Food, Nutrition
Water, Hydration
Health, Healing
Movement
Rest, Sleep
Physical Safety
Shelter, Comfort

Interdependence

Empathy Trust, Support
Communication
Mutual Respect
Consideration
Feedback
Nurture, Care, Love
Understanding
Gratitude
Companionship
Contribution, Mutuality
Touch, Connection
Collaboration
Recognition, Generosity

Significance

To Matter
To be seen, heard
Meaning
Wholeness
Unity
Beauty
Simplicity
Wisdom

Vitality

Autonomy, Choice
Learning, Growth
Play, Fun, Laughter
Creativity
Stimulation, Challenge
Explore, Discover
Spontaneity
Competence
Impact, Effectiveness
Ease, Efficiency
Resources (\$, tools, info...)

Universal Needs List

Authenticity

Honesty

Integrity

Clarity

Humility

Transparency

Self Awareness

Self-Connection

Self-Compassion

Self-Acceptance

Self-Responsibility

Reflection

Insight, Discernment

Community

Belonging

Inclusion

Harmony, Peace

Acceptance

Solidarity

Celebration

Mourning

Personal Space

Justice (Restorative)

Predictability

Feelings List

Calm

Clear-headed
Comfortable
Content
Relaxed
Relieved

Engaged

Curious
Interested
Intrigued
Energized
Inspired

Refreshed

Rested
Restored
Revived

Embarrassed

Ashamed
Guilty
Self-Conscious

Glad

Pleased
Delighted
Amused
Thrilled
Ecstatic

Hopeful

Encouraged
Optimistic
Grateful
Confident
Open

Sad

Disappointed
Discouraged
Hopeless
Unhappy
Depressed

Feelings List

Confused

Rattled

Shocked

Surprised

Unsettled

Tense

Frazzled

Nervous

Overwhelmed

Worried

Anxious

Scared

Wary

Dread

Alarmed

Regretful

Helpless

Detached

Indifferent

Bored

Distant

Numb

Embarrassed

Uninterested

Angry

Resentful

Annoyed

Frustration

Upset

Disgusted

Cranky