

Human Needs List

Everything we say and do is an attempt to meet a need. Needs are the thing that is causing our feelings, the thing that our thoughts are pointing to, the thing that is important to us. They are universal to all humans. Please print and use often.



SUSTENANCE

abundance
agility
air
balance
food
generosity
health
movement/exercise
nature
nourishment
pleasure
rest/sleep
sensuality
sexual expression
shelter
touch
water

CREATIVITY

adaptability
aliveness
amazement
artistry
awe
beauty
challenge
curiosity
discovery
ecstasy
excellence
excitement
exploration
flow
imagination
individuality
ingenuity
inspiration
participation
radiance
self-expression
stimulation
vision
wonder

LOVE

acceptance
affection
appreciation
belonging
closeness
communication
communion
community
companionship
compassion
connection
consideration
contentment
cooperation
friendship
inclusion
intimacy
mutuality
nurturing
passion
presence
reassurance
respect
self-respect
stability
support
to have my
intentions seen
warmth

EMPATHY

authenticity
dignity
fairness
information
presence
shared reality
to be heard
to know
and be known
to see and be seen
to understand
and be understood

MEANING

accomplishment
achievement
awareness
celebration of life
challenge
clarity
commitment
competence
consciousness
contribution
discovery
effectiveness
efficacy
gratitude
growth
hope
learning
making sense of life
mourning
optimism
participation
purpose
spirituality
stimulation
to matter
understanding

COMMUNITY

appreciation
belonging
collaboration
companionship
continuity
diversity
friendship
inclusion
interdependence
intimacy
participation
reliability
relief
service
shared reality
to know
and be known
well-being of
another

SAFETY

assurance
balance
consistency
credibility
dependability
experience
honesty
honor
integrity
leadership
order
peace
predictability
protection
prudence
reliability
security
stability
structure
trust

AUTONOMY

authenticity
challenge
choice
clarity
focus
freedom
grace
independence
introspection
liberty
power in my world
privacy
self-acceptance
self-awareness
self-reliance
space
spaciousness
spontaneity

REST & RECREATION

amusement
beauty
celebration
communion
ease
equality
excitement
fun
harmony
humor
inspiration
joy
leisure
order
play
quiet
relaxation
simplicity
solitude
well-being
well-being of
another