



Universal Human Needs

The following list contains examples of universal human needs. It is neither exhaustive nor definitive. It is meant to support people's development of needs literacy. From: John Kinyon, trainer, Center for Nonviolent Communication.

CONNECTION

acceptance (self/other)
affection
appreciation
belonging
caring
closeness
communication
community
companionship
compassion
consideration
consistency
cooperation
dignity
emotional safety
empathy
familiarity
fellowship
inclusion
interdependence
intimacy
love
mutuality
nurturing
partnership
reciprocity
respect (self/other)
security
self-worth
sensitivity
solidarity
stability
support
to know/be known
to see/be seen
to understand/be understood
trust
warmth

HONESTY

authenticity
congruence
continuity
integrity
presence
transparency

PLAY

adventure
fun
humor
joy
laughter
spontaneity

PHYSICAL WELL BEING

air/food/water/shelter
balance
comfort
movement/exercise
protection
rest/sleep
relaxation
sexual expression
safety
thriving
touch

AUTONOMY

choice
confidence
freedom
independence
privacy
space

MEANING

aliveness
awareness
awe
celebration of life
challenge
clarity
competence
contribution
creativity
discovery
efficacy
effectiveness
growth
learning
mourning
mystery
participation
purpose
self-expression
stimulation
understanding
wholeness
wonder

PEACE

beauty
ease
equality
equanimity
harmony
inspiration
order
spiritual communion
tranquility