

# Universal Human Needs List

## Subsistence

### *Physical sustenance*

Air  
Food  
Health  
Movement  
Physical Safety  
Rest / Sleep  
Shelter  
Touch  
Water

### *Security*

Consistency  
Order/Structure  
Peace (external)  
Peace of mind  
Protection  
Safety (emotional)  
Stability  
Trust

## Freedom

### *Autonomy*

Choice  
Ease  
Independence  
Power  
Self-Responsibility  
Space  
Spontaneity

### *Leisure / Relaxation*

Adventure  
Humor  
Joy  
Play  
Pleasure  
Rejuvenation

## Connection

### *Affection*

Appreciation  
Attention  
Closeness  
Companionship  
Harmony  
Intimacy  
Love  
Nurturing  
Sexual Expression  
Support  
Tenderness  
Warmth

### *To Matter*

Acceptance  
Care  
Compassion  
Consideration  
Empathy  
Kindness  
Mutual  
Recognition  
Respect  
To be heard, seen  
To be known, understood  
To be trusted  
Understanding others

### *Community*

Belonging  
Communication  
Cooperation  
Equality  
Inclusion  
Mutuality  
Participation  
Partnership  
Self-expression  
Sharing

## Meaning

### *Sense of Self*

Authenticity  
Competence  
Confidence  
Creativity  
Dignity  
Growth  
Healing  
Honesty  
Integrity  
Self-acceptance  
Self-care  
Self-connection  
Self-knowledge  
Self-realization

### *Understanding*

Awareness  
Clarity  
Discovery  
Learning  
Making sense of life  
Stimulation

## Meaning

Aliveness  
Challenge  
Contribution  
Creativity  
Effectiveness  
Exploration  
Integration  
Purpose

### *Transcendence*

Beauty  
Celebration  
Communion  
Faith  
Flow  
Hope  
Inspiration  
Mourning  
Peace (internal)  
Presence

*This list builds on Marshall Rosenberg's needs list with categories adapted from Chilean economist Manfred Max-Neef. It is neither exhaustive nor definitive. It can be used for study and discovery about each person's authentic experience.*

# Colloquial Expression of Needs

The phrases below are some suggestions for how you can expand the range of options available to you for expressing your needs and for guessing those of others (instead of always using the word “need”). On the dotted line you can insert any word from the needs inventory in the previous page. All of these phrases can be used as long as the consciousness we bring to them is that of needs. Otherwise we run the risk of blurring the distinction between needs and strategies.

I love....

I thrive on....

I really enjoy....

I'd be nourished by....

It's important to me to have....

I value....

I want....

.... is fun for me

.... matters to me

.... makes my life feel worthwhile

..... helps me feel well/good/whole/happy

## Sample Connection Requests

The following are some possible ways of phrasing requests during a dialogue with the purpose of creating the quality of connection that contributes to the possibility of everyone's needs being met.

### I. Requests for One-On-One Dialogues – To support the connection

- a. Would you tell me what you just heard me say?
- b. Would you tell me what you're hearing is important to me in this?
- c. Would you be willing to listen to me talk about my experience for a few minutes?
- d. Would you tell me how you're feeling about what I just said?
- e. Would you tell me what specifically I can do that would help you feel more confident that I understand what you're saying?

### II. Requests for One-On-One Dialogues – To move towards solutions

- a. Would you tell me what you need to know in order to agree to my request?
- b. Would you tell me what needs of yours are preventing you from saying yes to my request?
- c. What are you hearing in my expression that's leading you to say no to my request?
- d. Could we spend some time trying to come up with solutions that would work for both of us?
- e. Would you tell me if there is any way for us to work this out other than my agreeing to your request?

### III. Requests Addressed to Groups

- a. Would you raise your hand if you are NOT willing to do x?
- b. Would you raise your hand if you would be willing to dialogue with me about this right now?
- c. I'd like to hear a few people's feelings and needs in relation to what I said.
- d. Would you raise your hand if you would be willing to spend some time later with me [or to form a team with me] to work on x?