



## 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