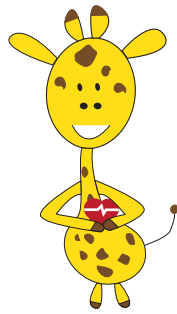


SOME UNIVERSAL NEEDS OF HUMAN BEINGS

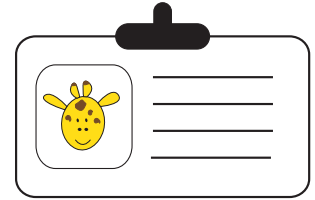
PHYSICAL WELL-BEING

air
care
comfort
food
movement/exercise
rest/sleep
safety (physical)
self-care
sexual expression
shelter
touch
water



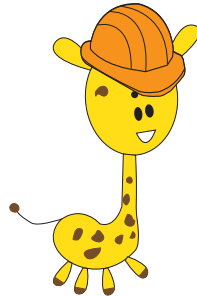
IDENTITY

authenticity
community
growth
respect / self-respect
integrity
self-acceptance
self-confidence
self-connection
to know and be known
to see and be seen



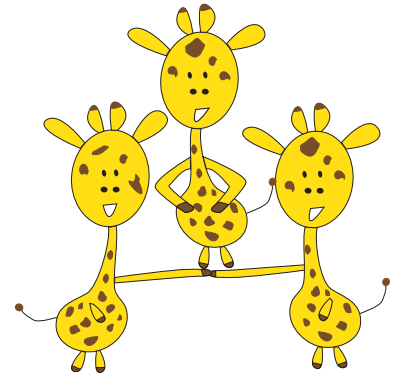
SECURITY

comfort
harmony
order
peace
security (emotional & physical)
self-care
stability
support
trust



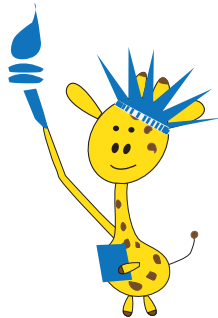
PARTICIPATION

contribution
cooperation
concertation
co-creating
connection
expression
inclusion
interdependence
perspective



FREEDOM

autonomy
independence
choice
dignity
self-expression
space
spontaneity



SELF-FULFILLMENT

awareness
beauty
balance
challenge
creativity
discovery
effectiveness
inspiration
learning
purpose
self-expression
spirituality



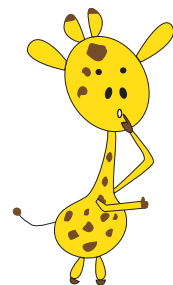
PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation



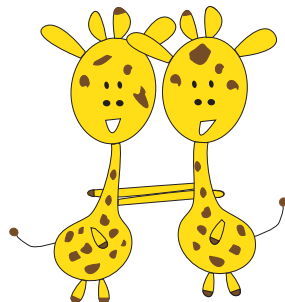
MEANING

clarity
competence
consciousness
faith
orientation
perspective
presence
progress
understanding



CONNECTION

acceptance
appreciation
belonging
closeness
communion
compassion
consideration
empathy
intimacy
love
mutuality
nurturing
shared-reality
respect
warmth



CELEBRATION

contribution
equanimity
friendship
life, dream fulfilled
loss, mourning
gratitude
hope

