

Universal Needs

Universal Needs are needs that we have as human beings whether we realize it or not. When those needs are met we tend to have an array of positive emotions, but when they are not being met then our feelings are the opposite.

If you are ever feeling negative, it is important to reflect on what needs are not being met. By doing so, you can take steps to fulfill those needs and start to turn your negative emotions around. You can also diminish or avoid conflict by recognizing that people are always unconsciously or consciously trying to fulfill their own needs.

Below is chart that lists the major universal needs, as well as some of the sub-needs that fall into each category.

Autonomy	Choice, Freedom, Independence, Space, Spontaneity, Time, Independence
Love and Connection	Acceptance, Affection, Appreciation, Belonging, Closeness, Communication, Community, Companionship, Compassion, Inclusion, Intimacy, Love, Nurturing, Respect, Safety, Security, Support, To be known/seen/heard, Understanding, Trust, Warmth, Consistency, Giving, Tenderness, Sensitivity, Reassurance,
Honesty	Authenticity, Integrity, Presence, Reliability, Trust
Meaning or Significance	Awareness, Celebration, Challenge, Competence, Consciousness, Contribution, Creativity, Effectiveness,; Growth, Hope, Knowledge, Learning, Mattering, Purpose, Stimulation, Understanding, Work, Self-Esteem, Inspiration, To matter, Self-Expression, Progress, Evolution, Clarity
Peace	Awe, Beauty, Communion, Ease, Equality, Harmony, Inspiration, Calm, Integration, Predictability, Stability, Balance, Equality, Justice, Fairness, Tranquility
Play	Humor, Joy, Laughter, Leisure, Relaxation, Rest, Fun, Celebration, Flow, Vitality, Passion, Spontaneity, Variety, Adventure, Discovery
Physical Well-being	Food, Shelter, Water, Air, Movement, Exercise, Rest, Sleep, Physical Safety, Emotional Safety, Hygiene, Touch, Light, Health, Warmth, Comfort, Preservation