

Universal Needs Inventory

This list is not exhaustive. It is intended to be used as a starting point to identify needs & enhance connection between individuals.

Inter-Dependance	Safety & Health	Peace	Meaning
Acceptance	Physical	Beauty	Awareness
Affection	Psychological Safety	Communication	Celebration of Life
Appreciaton	Emotional Safety	Ease	Challenge
Belonging	Security	Equality	Clarity
Cooperation	Stability	Harmony	Competence
Communication	Support	Inspiration	Consciousness
Connection	Trust	Order	Contribution
Closeness	Warmth		Creativity
Community		Physical Well-Being	Discovery
Companionship	Honesty	Air	Efficacy
Compassion	Clarity	Food	Effectiveness
Consideration	Authenticity	Movement	Growth
Consistency	Awareness	Excercise	Hope
Empathy		Rest/Sleep	Learning
Inclusion	Rest & Play	Sexual Expression'Safety	Mattering
Intimacy	Celebration	Shelter	Mourning
Love	Challenge	Touch	Participation
Mutaulity	Ease	Water	Purpose
nurturing	Enjoyment		Self-Expression
Respect	Fun	Autonomy	Understanding
Self-Respect	Joy	Choice	
Understanding	Humour	Freedom	
<i>(To Understand & be Understood)</i>	Relaxation	Independance	
Visibility	Stimulation	Integrity	
<i>(To see & be seen)</i>		Presence	
		Space	
		Sponteneity	