

HUMAN NEEDS LIST

Physiological	Safety	Esteem	Attachment
Air/ Food/ Water	Order / Structure	Validation	Affection
Light/Temperature	Stability/ Predictability	Competence / Efficiency	Belonging / Inclusion
Rest / Sleep	Comfort	Recognition	Closeness / Intimacy
Movement / Exercise	Peace / Harmony / Ease	Self Respect	Community
Reproduction / Sexuality	Equality	Respect	Companionship
Shelter	Beauty	Self confidence	Cooperation
	Hope	Self worth	Romance
	Mourning / Grief	Social status	Presence
	Justice	To matter	Reciprocity
	Consistency	To be known	Support
	Truth/ Clarity	To be seen	Compassion / Empathy
	Financial Security	Attention	Nurturing / Care
	Medical Assistance	Appreciation	Warmth
		Consideration	Trust
		To be understood	Touch
		Self acceptance/ Acceptance	
Autonomy	Change	Self Realization	Contribution
Choice	Exploration / Discovery	Achievement / Success	To give
Boundaries	Novelty	Growth / Expansiveness	To share
Decision making	Spontaneity	Self development	To teach
Empowerment	Fun	Purpose	To assist / To help
Freedom	Humor	Improvement / Progress	To nurture
Independence	Stimulation	Meaning	To be present
Responsibility	Change	Self expression	To participate
Space	Inspiration	Integrity	
Problem solving	Learning	Creativity	
	Challenge	Authenticity	
		Awareness / Clarity	