

Being Human

Universal Human Needs

PHYSICAL WELLBEING

Nature
Air
Water
Nutrition
Warmth
Health
Movement
Rest
Safety
Stability
Sexuality
Touch

SENSE OF SELF

Authenticity
Integrity
Self Expression

FREEDOM

Choice
Equality
Space
Spontaneity

EFFECTIVENESS

Competence
Consistency
Order

MEANING

Challenge
Discovery
Growth
Learning
Purpose
Stimulation

CELEBRATION OF LIFE

Creativity
Humor
Joy
Play
Pleasure
Mourning

SPIRITUALITY

Beauty
Communion
Ease
Harmony
Hope
Inspiration
Peace
Transcendence

CONNECTION

Acceptance
Affection
Belonging
Support
Appreciation
Closeness
Companionship
Intimacy
Tenderness
Nurturing/Care
Trust

TO MATTER

Consideration
Empathy
Kindness
Presence
Respect
To Be Known
To Be Seen
To Be Understood

TO UNDERSTAND

Clarity
Consciousness
To Know

INTERDEPENDENCE

Contribution
Community
Communication
Inclusion
Participation
Mutuality
Shared Work

This list is a tool for study. Use it as a starting point to find your own words that fit your own lived experience.

AFRAID

nervous panicked
suspicious worried

ANNOYED

frustrated impatient

ANGRY

furious indignant
outraged resentful

AVERSION

animosity appalled
contempt disgusted
horrified hostile

CONFUSED

ambivalent baffled
hesitant lost torn

DISCONNECTED

aloof apathetic cold
numb bored distant
distracted withdrawn

TENSE

anxious distressed
edgy fidgety restless
frazzled irritable
stressed overwhelmed

VULNERABLE

fragile guarded
helpless insecure
reserved sensitive
shaky

YEARNING

jealous longing
nostalgic wistful

UNCOMFORTABLE

alarmed restless
shocked surprised
uneasy upset

EMBARRASSED

ashamed flustered
guilty self-conscious

FATIGUE

burnt out depleted
exhausted lethargic
sleepy tired weary

PAIN

agony lonely regretful
hurt grief heartbroken
miserable devastated

SAD

depressed discouraged
disappointed
unhappy

When Needs are **UN**met

Being Human

Feelings as Responses

When Needs are **MET**

AFFECTIONATE

friendly open-hearted
warm compassionate
tender sympathetic

ENGAGED

absorbed alert curious
interested involved
fascinated engrossed

HOPEFUL

optimistic
expectant encouraged

CONFIDENT

open proud safe
secure empowered

APPRECIATIVE

moved touched

INSPIRED

awed wonder
amazed

JOYFUL

amused delighted
glad happy pleased
tickled jubilant

EXHILARATED

blissful ecstatic elated
enthralled radiant
thrilled exuberant

EXCITED

animated astonished
dazzled eager
giddy energetic
lively enthusiastic
vibrant invigorated
surprised passionate

PEACEFUL

calm quiet content
centered fulfilled
mellow still tranquil
relaxed relieved
satisfied clear-headed
serene comfortable

REFRESHED

rested
enlivened rejuvenated
revived renewed