

# Being Human

## Universal Human Needs

I want / value . . .  
 I care about . . .  
 I (really) enjoy / love . . .  
 I would like . . .  
 I long / yearn for . . .  
 I thrive on . . .  
 I would be nourished by . . .  
 It's important to me to have . . .

### TO UNDERSTAND

Clarity    Consciousness    To Know

### EFFECTIVENESS

Consistency    Competence  
 Order    Ease

### CELEBRATION OF LIFE

Creativity    Humor    Joy  
 Pleasure    Mourning    Play

### AUTONOMY

Choice    Equality    Space  
 Freedom    Spontaneity

### SPIRITUALITY

Beauty    Communion    Peace  
 Harmony    Inspiration    Hope  
 Vision/Dreams    Transcendence

### PHYSICAL WELLBEING

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

### TO MATTER

Support    Affection    Acceptance  
 Empathy    Kindness    Presence  
 Give    Receive    Nurturing/Care  
 Be Seen    Be Known    Be Understood

### MEANING

Challenge    Discovery    Growth  
 Learning    Purpose    Stimulation

### CONNECTION

Belonging    Appreciation    Closeness  
 Trust    Intimacy    Tenderness  
 Companionship

### SENSE OF SELF

Authenticity    Integrity    Self Expression

### INTERDEPENDENCE

Community    Contribution    Inclusion  
 Participation    Mutuality    Shared Work  
 Communication

. . . is fun for me.  
 . . . matters to me.  
 . . . is really important to me.  
 . . . makes my life worthwhile.  
 . . . helps me feel well / happy / whole.



### 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distracted withdrawn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**

### 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

### AFFECTIONATE

friendly open-hearted  
warm compassionate  
tender sympathetic

### APPRECIATIVE

moved touched

### INSPIRED

amazed awed  
wonder

### JOYFUL

amused delighted  
glad happy pleased  
tickled jubilant

### EXHILARATED

blissful ecstatic elated  
enthralled radiant  
thrilled exuberant

### ENGAGED

absorbed alert curious  
interested involved  
fascinated engrossed

### HOPEFUL

optimistic  
expectant encouraged

### CONFIDENT

open proud safe  
secure empowered

### REFRESHED

rested  
enlivened rejuvenated  
revived renewed