

# Universal Basic Needs

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HARMONY	independence	shelter	trust	listen	stimulance	celebration
peace	space	certainty	communication	mutuality	contribution	mourning
beauty	time	safety	sharing	help	evolution	
calm		emotional	exchange	progress	progress	PLAY
equanimity	HONESTY	security	giving	continuity	expansion	liveliness
relaxation	authenticity	protection	receiving		development	being alive
silence	(self) expression	maintenance	tenderness	MEANING	enriching life	vitality
ease	integrity	comfort	softness	growth	inner strength	flow
durability	transparency		friendliness	presence	empowerment	passion
stability	realness	CONNECTION	respect	power	being centred	spontaneity
balance	truth	love	to see / to look	skill	self-connection	fun
community		self-love	being seen	hope	capacity	humour
wholeness	PHYSICAL	(self) care	partnership	vision	self-worth	laughter
completion	WELL-BEING	belonging	being heard	dream	self-confidence	lightness
processing	air	closeness	understand	believe	self-respect	discovery
integration	light	intimacy	being understood	clarity	dignity	adventure
predictability	warmth	empathy	inclusion	focus	efficiency	variety
familiarity	food	compassion	participation	joining	to matter	diversity
equality	water	appreciation	support	goal	concentration	renewal
justice	rest	gratefulness	consistency	knowing	have my place	refreshment
honesty	sleep	acceptance	nourishment	learning	in the world	
order	movement	recognition	collaboration	awareness	spirituality	
	physical training	reassurance	cooperation	realization	liberation	
FREEDOM	health	affection	communion	inspiration	transformation	
choice	touch	attention	companionship	creativity	codependency	
autonomy	sexual expression	openness	friendship	challenge	simplicity	