

## Universal Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

### CONNECTION

acceptance  
affection  
allowance  
appreciation  
attention  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect  
safety  
security  
stability  
support  
to know and be known  
to see & be seen  
to understand & be understood  
trust  
warmth

### HONESTY

authenticity  
integrity  
presence

### PLAY

joy  
humor

### PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

### PHYSICAL WELL-BEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

### MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to matter  
understanding

### AUTONOMY

choice  
freedom  
independence  
space  
spontaneity

Adapted by Mary Sue Abernethy at [www.weight-loss-choose-inner-wisdom.com](http://www.weight-loss-choose-inner-wisdom.com)  
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