

Appendix A - Human Needs

(without reference to specific people, location,
actions, time, or objects)

This list is, by necessity, incomplete. It is offered as a reflection tool rather than an exhaustive and prescriptive list. The list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.

Subsistence and Security

Physical Sustenance

Air

Food

Health

Movement

Physical Safety

Rest / sleep

Shelter

Touch

Water

Security

Consistency

Order/Structure

Peace (external)

Peace of mind

Protection

Safety (emotional)

Stability

Trusting

Freedom

Autonomy

Choice

Ease

Independence

Power

Self-responsibility

Space

Spontaneity

Leisure/Relaxation

Humor

Joy

Play

Pleasure

Rejuvenation

Connection

Affection

Appreciation

Attention

Closeness

Companionship

Harmony

Intimacy

Love

Nurturing

Sexual Expression

Support

Tenderness

Warmth

To Matter

Acceptance
 Care
 Compassion
 Consideration
 Empathy
 Kindness
 Mutual Recognition
 Respect
 To be heard, seen
 To be known, understood
 To be trusted
 Understanding others

Community

Belonging
 Communication
 Cooperation
 Equality
 Inclusion
 Mutuality
 Participation
 Partnership
 Self-expression
 Sharing

Meaning***Sense of Self***

Authenticity
 Competence
 Creativity
 Dignity
 Growth
 Healing
 Honesty
 Integrity

Self-acceptance
 Self-care
 Self-connection
 Self-knowledge
 Self-realization
 Mattering to myself

Understanding

Awareness
 Clarity
 Discovery
 Learning
 Making sense of life
 Stimulation

Meaning

Aliveness
 Challenge
 Consciousness
 Contribution
 Creativity
 Effectiveness
 Exploration
 Integration
 Purpose

Transcendence

Beauty
 Celebration of life
 Communion
 Faith
 Flow
 Hope
 Inspiration
 Mourning
 Peace (internal) Presence