

# 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