

# Needs – 9 Universal Human Needs

1. Sustenance, food, shelter, water, clothing, source as a strength
2. Safety, security
3. Love, affection, devotion, friendship, attachment, cherishing, involvement, soft spot
4. Empathy, appreciation, warmth, insight, compassion
5. Rest, play, recreation, calmness, relief, peace
6. Community, commonality
7. Creativity, inspiration, originality
8. Autonomy, self-determination, freedom, peace and safety on the world
9. Meaning, value, understanding, efforts that have made life richer, added value

