

List of universal basic needs by Oren Jay Sofer (2018)¹

Sustenance

Air, food, water
Shelter,
Health, medicine
Physical safety
Rest / Sleep
Movement

Safety (emotional)

Security
Consistency
Stability
Order/Structure
Trust

Connection

Love
Affection
Attention
Closeness
Companionship
Intimacy
Sexual expression
Support
Tenderness
Warmth
Touch

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutual Recognition
Respect
To be seen
To be heard
To be understood
To be trusted

Community

Belonging
Celebration
Cooperation
Equality
Fellowship
Inclusion
Participation
Mutuality
Self-expression
Sharing

Autonomy

Choice
Ease
Independence
Power
Space
Spontaneity
Freedom

Rest / Leisure

Adventure
Fun
Humor
Joy
Laughter
Play

Purpose

Sense of self
Authenticity
Competence
Confidence
Creativity
Dignity
Growth
Healing
Honesty
Integrity

Mastery
Marking transitions
Self-acceptance
Self-care
Self-connection
Self-knowledge
Self-realization
Self-worth

Understanding

Awareness
Clarity
Discovery
Learning
Making sense of life

Meaning

Aliveness
Challenge
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Communion
Faith
Hope
Inspiration
Mourning
Peace (inner)
Presence

¹ Sofer, Oren Jay (2018). Say What You Mean. Shambhala. Kindle Edition.