

Universal Needs



Physical Wellbeing

- Health
- Self-care
- Rest / Relaxation
- Sleep / Recovery
- Movement / Physical activity
- Room to breathe
- Energy
- Nourishment / Nutrition
- Clarity
- Comfort
- Safety (in your body / environment)
- Physical integrity
- Touch (respectful)
- Sexuality / Physical intimacy
- Grounding / Feeling grounded
- Following natural rhythms (like rest after effort, cyclical living)
- Nurturing / Care (from self or others)
- Space to feel what your body is telling you

Connection

- Being seen
- Being heard
- Understanding
- Recognition
- Intimacy (emotional, physical, spiritual)
- Cooperation
- Trust
- Authenticity / Genuineness
- Empathy
- Equality
- Appreciation
- Acceptance
- Vulnerability
- Love
- Care
- Self-acceptance
- Inner peace / Being attuned to yourself
- Connection with your body and emotions

Harmony

- Attunement
- Mutual understanding
- Respectful communication
- Peace
- Safety in connection
- Balance between giving and receiving
- Equality
- Clear expectations
- Openness to each other's differences
- Inner peace
- Balance between head, heart, and body
- Staying in your own strength and energy
- Living your values without conflict
- Staying true to yourself
- Mental clarity

Meaning

- Equality
- Clarity
- Engagement
- Openness to each other's differences
- Recognition
- Contributing / Enriching life
- Self-confidence / Self-worth
- Presence
- Vision / Dreams
- Being meaningful
- Independence
- Learning
- Inspiration / Creativity
- Challenge
- Strength
- Self-respect / Dignity
- Meaning / Purpose
- Celebrating / Mourning
- Legacy
- Connection with nature
- Life energy / Experiencing flow

Growth

- Discovering new things
- Learning / Expanding knowledge
- Mental challenge
- Developing skills
- Awareness
- Reflection & Self-inquiry
- Fulfilling your potential
- Growth / Progress
- Renewal
- Breaking old patterns
- Integrating life experience
- Awareness of feelings and needs
- Living in alignment with your values

Freedom

- Freedom of choice
- Autonomy
- Self-determination
- Freedom to act
- Freedom from judgment
- Space
- Independence
- Own pace

Emotion in *Unmet* Needs



Confusion

- Confused
- Doubtful
- Insecure
- Restless
- Stuck
- Chaotic
- Unclear
- Blocked
- Disoriented

To assure

- Worried
- Anxious
- Tense
- Vigilant
- Restless
- Powerless
- Burdened
-

Bored

- Bored
- Indifferent

Fear

- Afraid
- Suspicious
- Unsafe
- Panic
- Nervous
- Anxious

Sadness

- Hopeless
- Touched / Moved
(afhankelijk van context)
- Defeated
- Lonely
- Sad

Anger

- Annoyed
- Irritated
- Irritable
- Frustrated
- Furious / Enraged
- Indignant
- Aggressive
- Defiant

Pain

- Lonely
- Sad
- Grief
- Guilt
- Regret
- Tormented
- Rejected
- Paralyzed

Tired

- Tired
- Exhausted
- Overstimulated
- Dazed
- Sleepy
- Tense

Jealous

- Jealous
- Insecurity

Shame

- Uncomfortable
- Nervous
- Cautious

Vulnerable

- Hurt
- Exposed
- Insecure
- Afraid
- Courageous and open at the same time
- Moved / Touched

Unrest

- Restless
- Uncomfortable
- Alert
- Uneasy / Worried



Emotion in *Met* Needs



Calm

- Relaxed
- Grounded
- Peace / Calm
- Harmony
- Softness / Gentleness
- Trust
- Fulfilled
- Comfortable

Lively

- Awake
- Energetic
- Lively
- Enthusiastic
- Passionate
- Ecstatic
- Sensation

Happy

- Joyful
- Happy
- Content
- Relieved
- Fulfilled
- Lively
- Calm
- Amazed
- Surprised

Sympathy

- Loving
- Touched
- Warm
- Open
- Friendly
- Sweet

Grateful

- Appreciation
- Openhearted
- Grateful
- Encouraged

Refreshed

- Restored
- Renewed
- Rested
- Clear



Self-Confidence

- Powerful
- Proud
- Hopeful
- Realistic
- Clear
- Strong

Curious

- Fascination
- Inspiration
- Interest
- Expectation
- Wonder