

List of Human Needs

This document is a work in progress and is based on [Maslow's Hierarchy of Needs](#), The Center for Nonviolent Communication's [Needs Inventory](#), Manfred Max-Neef [Fundamental Human Needs](#), BayNVC [Universal Human Needs - Partial List](#), and From Conflict to Connection's [Universal List of Needs/Values](#).

Thank you to all of the people who critiqued my work along the way as I created this project. I continue to appreciate any and all suggestions for consideration. You can reach me at rebeccavitsmun@gmail.com.

I am not a doctor. This is not medical advice. This is a communication tool I created to help me meet my needs (as an autistic person) and I've seen this tool help others learn and communicate their needs as well, so I'm making it available.

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Suggestion usage: Print pages 2 - 5 of this document and laminate it as two sheets that are front and back. Use a dry erase marker to indicate which needs you are struggling to meet and to what extent you are struggling (e.g. draw a line near it with the length of the line indicating the level of need). Use the information gathered to communicate with others to find paths to better meet those needs.

Remember, "Progress, not perfection."

Safety

Health

Nourishment

Nutrition
Water
Air
Supplement

Maintenance

Movement
Repair/Healing
Hygiene
Sleep

Sustainability

Environment

Resources
Protection
Stability
Predictability
Simplicity
Familiarity
Consistency

Accountability

Structure
Order
Allocation
Security

Processing

Awareness

See
Hear
Feel
Smell
Taste

Preparation

Peace

Comfort

Rest
Ease
Balance
Relaxation
Tranquility
Equanimity
Rejuvenation
Gentleness

Acceptance

Of Self
Of Facts

Identity

Knowledge

Experience

Personal History
Education
Memory
Perspective
 Historical

Rationality

Alignment with Reality

Congruency

Introspection

Self - Awareness

Purpose
Recollection

Self - Esteem

Confidence

Authenticity

Honesty

Integrity
Openness

Self- Expression

Transparency

Autonomy

Respect

Self-Respect
Dignity

Recognition
Be Seen
Be Heard
Validation

Space

Separateness
Privacy

Freedom
Independence
Choice

Responsibility

Self - Responsibility
Ownership of Feelings
Ownership of Actions
Self-Reliance

Agreements
Consent

Power

Self-Governance
Efficacy
Competency
Effectiveness
Initiative

Connection/Interdependence

Communication

Understanding
Mutuality
Relatedness

Support

Community
Assistance
Belonging
Fellowship
Solidarity

Value
Appreciation
Reciprocity
Equality
Validation

Consideration

Empathy
Sensitivity
Inclusion
Cooperation
To Matter

Caring
Warmth
Compassion
Nurturing
Kindness

Intimacy

Touch
Affection
Sex
Closeness

Trust
Love
Companionship
Know
Be Known
Partnership

Growth

Appreciation

Celebration

Beauty
Inspiration
Joy
Gratitude

Mourning

Presence

Clarity

Self-Actualization

Experiencing

Play

Fun

Adventure
Humor
Recreation

Wonder

Discovery
Spontaneity
Mystery

Productivity

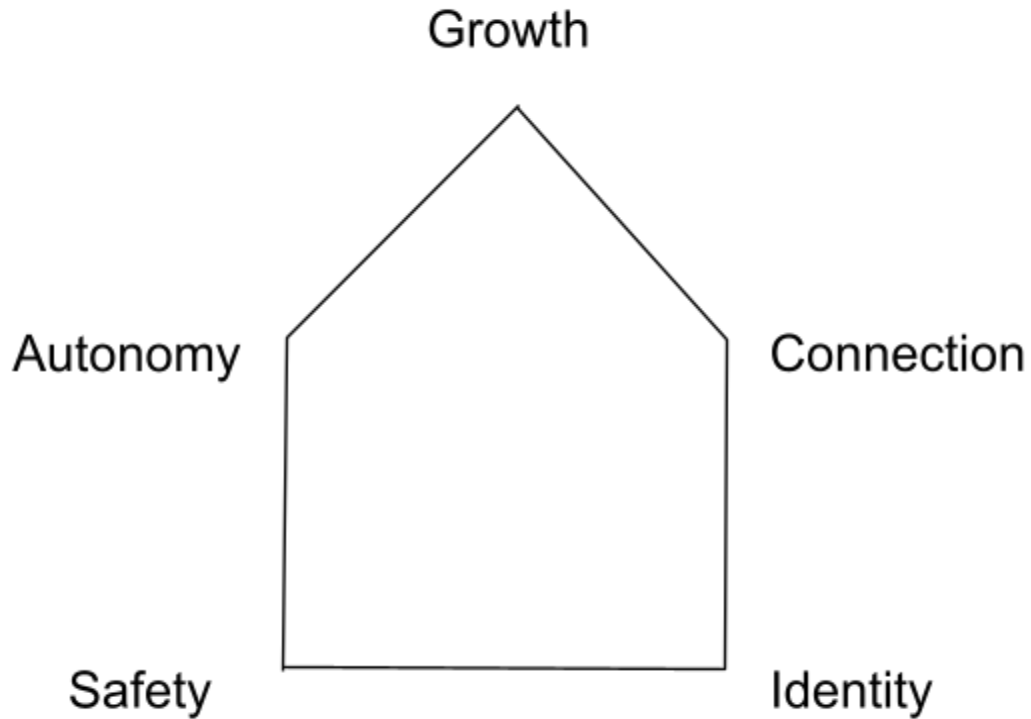
Learning

Curiosity
Challenge
Mastery
Problem-Solving

Contribution

Creation
Achievement
Participation
Innovation

Structure of Need



Thoughts on this Structure

Safety and Identity are the foundation of human need.

To grow connections, share your true identity.

To maintain safety, maintain autonomy.

Autonomy and Connection create structure for Growth.

If you have a drive to build an A-frame between Safety, Identity, and Growth, DBT is an excellent program.

**A path of pentagons to think about.
It's okay to change. It's okay to learn.**

Progress, not perfection.

