

Universal Basic Needs

PHYSICAL WELL-BEING

air
nourishment (food, water)
light
warmth
rest / sleep
movement / physical
exercise
health
touch
sexual expression
shelter / security / safety /
emotional safety /
protection from pain /
protection / preservation
comfort

HARMONY

peace
beauty
calm / equanimity /
relaxation / tranquility
ease
order
coherence / congruence
sustainability
stability / balance
communion / wholeness
completion / digestion /
integration
predictability / familiarity
equality / justice / fairness

CONNECTION

love / self-love
care / self-care
belonging
closeness / intimacy
empathy / compassion
appreciation / gratitude
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing / exchange
giving / receiving
tenderness / softness
sensitivity / kindness
respect
seeing (see & be seen)
hearing (hear & be heard)
understanding (understand
& be understood)
consideration / inclusion /
that my needs matter /
participation
support / help / nurturance
cooperation / collaboration
community / fellowship /
companionship / partnership
mutuality / reciprocity
consistency / continuity

MEANING

contribution / enrich life
presence / centeredness
self-connection
hope / vision / dream / faith
clarity / focus / concentration
to know (be in reality)
learning
awareness / consciousness
inspiration / creativity
challenge / stimulation
growth / evolution / progress
expansion
exploration / development
power / (inner) strength /
empowerment
competence / capacity
self-value / self-confidence /
self-esteem/ dignity /
efficacy / effectiveness
to matter / take part in /
have my place in the world
spirituality / purpose
liberation / transformation
Interdependence
simplicity
celebration / mourning

FREEDOM

choice / acting out of my
own spirituality
autonomy
independence
space / time

HONESTY

authenticity
(self) expression
integrity
transparency
realness / truth

PLAY

liveliness / alive / vitality
flow
passion
spontaneity
fun
humor / laugh / lightness
discovery / adventure
variety / diversity
renewal / refreshment

Yoram Mosenzon

www.connecting2life.net

info@connecting2life.net



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THE ART OF DIALOGUE

Pleasant (expansion)

Feelings - Sensations - Emotions

Unpleasant (constriction)

CALM

relaxation grounded
 serene centered
 tranquil trusting
 peaceful relief
 quiet content
 at ease fulfilled
 comfortable satisfaction
 at home mellow

LIVELY

awake vibrant
 excitement bliss
 enthusiasm ecstatic
 eager radiant
 energetic thrill
 passionate astonishment
 alive amazement
 surprise tingle

CONFUSION

torn
 doubt
 lost
 hesitant
 bafflement
 perplex
 puzzled

BODY SENSATIONS

knot in the belly
 lump in the throat
 inner rush
 disgust
 choking
 breathless
 squeeze
 trembling

shrink
 sick
 weak
 empty
 shaky
 dizzy
 foggy
 cold

WORRY

anxious
 edgy
 unquiet
 concern
 stress/tense
 nervous

HAPPY

joy delight
 amusement glad
 animated pleased

COMPASSION

tender touched
 warm moved
 open affection
 loving friendly

FEAR

afraid
 scared
 suspicion
 panic
 paralyzed
 terror
 apprehension

SAD

heavy heart
 nostalgic
 melancholy
 disappointment
 discouragement
 depression

hopeless
 helpless
 gloomy
 down
 longing
 despair

ANNOYANCE

irritation
 frustration
 exasperation
 impatient

CURIOUS

fascination inspiration
 interest anticipation
 involvement wonder
 engagement

GRATEFUL

appreciation openhearted
 thankful encouragement

ANGER

upset
 furious
 rage
 resentful

CONFIDENT

empowerment
 proud
 hopeful
 optimistic
 strong

REFRESHMENT

rested
 enlivened
 restored
 reactivation
 clearheaded
 exuberant

FATIGUE

overwhelm
 burn-out
 exhaustion
 sleepy
 tired

PAIN

guilt
 hurt
 lonely
 grief
 agony
 suffer

heartbreak
 miserable
 devastation
 regret
 remorseful
 turmoil

HATE

hostile
 aversion
 bitter
 disgust
 contempt
 dislike

VULNERABLE

fragile
 insecure
 reservation
 sensitive

AGITATION

uncertain
 troubled
 unsettle
 cranky
 disquiet

alert
 restless
 shock
 uncomfortable
 uneasy

BOREDOM

apathetic
 numb
 far
 withdraw
 disengagement

JEALOUS

envious

SHAME

embarrassment
 shy

