**Universal Needs:** expresspeace.com

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| AUTONOMY choice freedom independence space spontaneity  CONNECTION acceptance  acknowledgement affection appreciation  belonging communication  completion  co-operation community companionship compassion consideration consistency empathy  equality  expression  focus inclusion | intimacy love mutuality nurturing  presence  reassurance  recognition  reliability respect/self-respect safety security  shared reality stability support to be heard  to know and be known to see and be seen  a shared reality to understand and       be understood  tolerance warmth  HONESTY authenticity integrity trust | PLAY  fun  joy humour variety  relaxation  PEACE balance  beauty communion ease equality harmony order solitude  privacy  PHYSICAL WELL-BEING air food  light movement/exercise rest  relaxation safety sexual expression  shelter sleep  touch water water | MEANING  adventure  awareness celebration of life challenge clarity competence contribution effectiveness  fairness / justice growth hope  inspiration learning mourning participation  power with purpose self-expression stimulation to matter understanding |