**Universal Needs:** expresspeace.com

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|  AUTONOMYchoicefreedomindependencespacespontaneityCONNECTIONacceptanceacknowledgementaffectionappreciationbelongingcommunicationcompletionco-operationcommunitycompanionshipcompassionconsiderationconsistency empathy equalityexpressionfocusinclusion | intimacylovemutualitynurturingpresencereassurancerecognitionreliabilityrespect/self-respectsafetysecurityshared realitystabilitysupportto be heardto know and be knownto see and be seena shared realityto understand and      be understoodtolerancewarmthHONESTYauthenticityintegritytrust | PLAYfunjoyhumourvarietyrelaxationPEACEbalancebeautycommunioneaseequalityharmonyordersolitudeprivacyPHYSICAL WELL-BEINGairfoodlightmovement/exerciserestrelaxationsafetysexual expressionsheltersleeptouchwater water | MEANINGadventureawarenesscelebration of lifechallengeclaritycompetencecontributioneffectivenessfairness / justicegrowthhopeinspirationlearningmourningparticipationpower withpurposeself-expressionstimulationto matterunderstanding |