

Some Common Human Desires

food
water
air
sleep
shelter
safety

to be beautiful
to be included
to be important to someone
to be listened to
to be real
to belong
to celebrate
to choose
to create
to give meaningfully
to grieve
to have purpose
to invest in a cause
to laugh
to learn
to move
to play
to share an activity with someone important
to me
to know that I make life better for someone
in some way

adventure
appreciation
beauty
consideration
emotional safety
friendship
gratitude
honesty
love
order
respect
self
touch (in healthy, non-sexual ways)
trust
understanding

closeness and distance
solitude and community
openness and discretion
listening and decisiveness