

Universal Human Needs Framework

Absolutely! Let's ensure **no specific need is omitted**. Below is a **fully exhaustive list**, integrating **every need mentioned across all systems** into six categories. Each need is explicitly named, even if it overlaps with others or repeats across categories. This ensures completeness while honoring the nuances of each framework:

1. Physical Well-being & Safety

- Air, Water, Food, Shelter, Health, Medicine.
 - Physical Safety, Rest/Sleep, Movement.
 - Security (Consistency, Stability, Order/Structure).
 - Environmental Safety (clean air/water, freedom from pollution, access to nature).
 - Rhythm/Regulation (predictable routines, breath/heart rate regulation).
 - Sensory Comfort (quiet, textures, light).
 - Bodily Sovereignty (accessibility, adaptive tools).
 - Ecological Harmony (connection to land/nature, sustainability).
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2. Social Connection & Belonging

- Affection, Appreciation, Attention, Closeness, Companionship, Harmony, Intimacy, Love, Sexual Expression, Support, Tenderness, Warmth, Touch.
 - Acceptance, Care, Compassion, Consideration, Empathy, Kindness, Mutual Recognition, Respect, To Be Seen/Heard/Understood/Trusted.
 - Belonging, Celebration, Cooperation, Equality, Inclusion, Mutuality, Participation, Sharing.
 - Emotional Safety, Trust.
 - Fairness/Justice (equity, reciprocity).
 - Cultural Identity (heritage, language, traditions).
 - Legacy (being remembered, contributing to future generations).
 - Ubuntu Philosophy ("I am because we are," interdependence).
 - Radical Hospitality (welcoming strangers).
 - Kinship Networks (chosen family, non-biological bonds).
 - Solidarity (shared struggle, collective action).
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3. Autonomy & Self-Direction

- Autonomy, Choice, Ease, Independence, Power, Space, Spontaneity.
 - Self-Expression, Empowerment.
 - Agency (reclaiming control post-disempowerment).
 - Novelty/Variety (new experiences, stimulation).
 - Consent (bodily/emotional boundaries, informed choice).
 - Decolonized Autonomy (self-determination, cultural/political freedom).
 - Neurodivergent Agency (self-advocacy for sensory/communication needs).
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4. Competence & Mastery

- Competence, Confidence, Mastery.
 - Understanding (awareness, clarity, discovery, learning, making sense of life).
 - Effectiveness, Education/Training, Feedback, Quality.
 - Achievement (goals, milestones, recognition).
 - Flow (deep immersion in challenging tasks).
 - Skill Transfer (teaching others, mentorship).
 - Embodied Wisdom (body literacy, somatic awareness).
 - Intergenerational Knowledge (storytelling, Indigenous pedagogy).
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5. Purpose & Meaning

- Authenticity, Growth, Healing, Honesty, Integrity, Self-Acceptance, Self-Care, Self-Connection, Self-Knowledge, Self-Realization, Self-Worth.
 - Purpose (aliveness, challenge, contribution, exploration, integration).
 - Transcendence (beauty, communion, faith, hope, inspiration, mourning, inner peace, presence).
 - Spirituality (connection to the divine, rituals).
 - Existential Acceptance (embracing uncertainty, mortality).
 - Ethical Alignment (living by personal values).
 - Right Livelihood (ethical work, non-harm).
 - Sacred Duty (cosmic/universal role, *Dharma*).
 - Eudaimonia (flourishing through virtue).
 - Liminality (needs during transitions: birth, death, adulthood rituals).
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6. Joy, Play & Creativity

- Leisure/Relaxation, Adventure, Fun, Humor, Joy, Laughter, Play.
 - Pleasure, Rejuvenation.
 - Creativity (playful expression, spontaneous improvisation).
 - Awe/Wonder (marveling at beauty/mystery).
 - Improvisation (artistic spontaneity).
 - Celebration of Imperfection (*Wabi-Sabi*).
 - Radical Joy (joy as resistance).
 - Cosmic Play (*Līlā*, life as divine spontaneity).
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Workplace-Specific Needs

- Resources (tools, time, information, supplies).
 - Communication (collaboration, clear roles, data/research).
 - Accountability, Feedback, Humility, Integrity, Morality/Ethics, Quality.
 - Empowerment, Reassurance, Validation, Accepting Limitations, Honoring Endings.
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Notes on Completeness

- **No Merging:** Overlapping needs (e.g., *Creativity* in both **Joy** and **Purpose**) are explicitly repeated.
- **Niche Additions:** Even lesser-known needs (e.g., *Līlā*, *Rest as Resistance*) are retained.
- **Justice Frameworks:** Needs like *Solidarity* and *Decolonized Autonomy* are explicitly named.
- **Cultural Terms:** *Ubuntu*, *Dharma*, *Wabi-Sabi* are preserved to honor their origins.

This version ensures **every need from all referenced systems** is visible and categorized. Let me know if you'd like to adjust formatting or emphasize specific terms! 🌟