

Universal Human Concepts

To the best of my ability to discern and express them, below is a list of fundamental, universal human concepts that, if people can become aware of them, can help them live humane, skillful lives, regardless of language. If they can use these concepts in words, they may be able to connect more skillfully and meaningfully with each other.

Simple language summary

If people are **kind** to themselves and others, and **aware** of themselves and others, they can gently become aware of many components of their inner lives and their interactions with others. This awareness offers the ability to make conscious **decisions** about potentially helpful ways to speak, act, relate, and work, increasing the likelihood of optimal results for self and others.

These concepts are listed and defined below in Chinese and English.

<i>Chinese</i>	<i>Pinyin</i>	<i>Literal translation into English of single Chinese characters</i>	<i>English</i>
善良	shànliáng	good very good	kindness
自我善良	zìwǒ shànliáng	self I good very good	self-kindness
对别的人善良	duì bié de rén shànliáng	towards other people good very good	kindness towards others
意识	yìshí	meaning knowledge	awareness, consciousness
自我意识	zìwǒ yìshí	self I meaning knowledge	self-awareness

对别的人意识	duì bié de rén yīshí	towards other people meaning knowledge	awareness of others
感觉	gǎnjué	feel become aware of	feelings
想法	xiǎngfǎ	think method	thoughts
头脑	tóunǎo	head brain	mind; not the same as thoughts
大脑	dànnǎo	big brain	brain; not the same as thoughts
事实	shìshí	affair/matter reality	facts
对抗	duì duìkàng	towards	versus/vs.
信念	xìnniàn	believe think	beliefs; not the same as facts
需要	xūyào	need want	needs
想要	xiǎng yào	think want	wants
偏好	piānhào	bias want	preferences
价值观	jiàzhíguān	price value sight	values
优先级	yōuxiān jí	excellent first level	priorities
同理心	tóng lǐ xīn	alike reason heart	empathy
同情	tóngqíng	alike feeling	(sympathy; not the same as empathy)
理解	lǐjiě	reason separate	understanding
做选择	zuò xuǎnzé	make choice pick with hand	to make a choice
决定	juédìng	decidedly set	to decide
方法	fāngfǎ	square/direction law/method/way	method, way

优化 做到最好	yōuhuà; zuò dào zuì hǎo		optimize, optimization, make best (Instead of trying to work harder, seeking ways to work better/more efficiently.)
协同作用	xiétóng zuòyòng	association alike/together do use	synergy = greater than the sum of the parts
判断	pànduàn	to sentence to cut off	(judgment) Judgment is the soul-killer and the destroyer of possibility.)
内在智慧	nèizài zhìhuì	internal at intelligence wisdom	inner wisdom; results from dialectic/synergy of awareness of feelings and thoughts
战略	zhànlüè	fight summary	strategy
技能	jìnéng	skill can	skills
连结	liánjié	link knot	a sense of feeling connected as humans
一种存在方式	yī zhǒng cúnzài fāngshì	one type deposit at direction system	a way of being

Anne Giles, M.A., M.S., L.P.C. created this content in consultation with multiple individuals proficient in Mandarin Chinese. All errors are the author's. Last revised July 8, 2021. Questions and comments are welcomed. For contact information, please visit <http://www.annegiles.com>.

This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice.