



List of Needs

Physical Well-Being: Air · Water · Food · Rest · Sleep · Movement · Exercise · Safety
Shelter · Touch · Sensuality · Nature · Sunlight

Autonomy: Choice · Freedom · Independence · Space · Self-Determination · Honesty
Spontaneity · Choosing one's dreams, goals, values · Choosing plans for fulfilling one's
dreams, goals, values · Self-expression · Agency · Impact

Relating: Connection · Acceptance · Affection · Appreciation · Contribution · Feedback
Interdependence · Transparency · Shared reality · Belonging · Being seen/heard
Cooperation · To matter · Community · Participation · Closeness · Communication
Companionship · Compassion · Consideration · Empathy · Inclusion · Intimacy · Love
Sexuality · Mutuality · Respect · Sharing · Support · To be Understood · Trust · Warmth

Self-Connection: Authenticity · Integrity · Creativity · Consciousness · Competence
Presence · Clarity · Meaning · Self-Expression · Awareness · Growth · Purpose · Self-respect
Self-realization · Self-acceptance · Development · Celebration · Mourning

Joy of Life: Joy · Humor · Fun · Playfulness · Diversity · Adventure · Ease · Beauty
Inspiration · Comfort · Hope · Well-being

Connection with the World: Peace · Consistency · Meaning · Learning · Exploration
Clarity · Understanding · Challenge · Stimulation · Harmony · Stability · Coherence
Order/predictability · Flexibility

*Adapted from Marshall Rosenberg's "Nonviolent Communication: A Language of Life." Compiled
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