

Non Violent Communication: Needs List

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

| | | | |
|-------------------|-----------------------|-----------------|----------------|
| CONNECTION | CONNECTION | HONESTY | MEANING |
| acceptance | continued | authenticity | awareness |
| affection | safety | integrity | celebration of |
| appreciation | security | presence | life |
| belonging | stability | PLAY | challenge |
| cooperation | support | joy | clarity |
| communication | to know and be known | humor | competence |
| closeness | to see and be seen | PEACE | consciousness |
| community | to understand and | beauty | contribution |
| companionship | be understood | communion | creativity |
| compassion | trust | ease | discovery |
| consideration | warmth | equality | efficacy |
| consistency | PHYSICAL WELL- | harmony | effectiveness |
| empathy | BEING | inspiration | growth |
| inclusion | air | order | hope |
| intimacy | food | AUTONOMY | learning |
| love | movement/exercise | choice | mourning |
| mutuality | rest/sleep | freedom | participation |
| nurturing | sexual expression | independence | purpose |
| respect/self- | safety | space | self- |
| respect | shelter | spontaneity | expression |
| | touch | | stimulation |
| | water | | to matter |
| | | | understanding |