

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