

## 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.

| <b>CONNECTION</b> | <b>CONNECTION</b>     | <b>HONESTY</b>  | <b>MEANING</b> |
|-------------------|-----------------------|-----------------|----------------|
| acceptance        | <b>continued</b>      | authenticity    | awareness      |
| affection         | safety                | integrity       | celebration of |
| appreciation      | security              | presence        | life           |
| belonging         | stability             | <b>PLAY</b>     | challenge      |
| cooperation       | support               | joy             | clarity        |
| communication     | to know and be known  | humor           | competence     |
| closeness         | to see and be seen    | <b>PEACE</b>    | consciousness  |
| community         | to understand and     | beauty          | contribution   |
| companionship     | be understood         | communion       | creativity     |
| compassion        | trust                 | ease            | discovery      |
| consideration     | warmth                | equality        | efficacy       |
| consistency       | <b>PHYSICAL WELL-</b> | harmony         | effectiveness  |
| empathy           | <b>BEING</b>          | inspiration     | growth         |
| inclusion         | air                   | order           | hope           |
| intimacy          | food                  | <b>AUTONOMY</b> | 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  |