

# Needs List

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## **CONNECTION**

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect

## **CONNECTION continued**

safety  
security  
stability  
support  
to know and be known  
to see and be seen  
to understand and  
be understood  
trust  
warmth

## **PHYSICAL WELL- BEING**

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

## **HONESTY**

authenticity  
integrity  
presence

## **PLAY**

joy  
humor

## **PEACE**

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order

## **AUTONOMY**

choice  
freedom  
independence  
space  
spontaneity

## **MEANING**

awareness  
celebration of  
life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-  
expression  
stimulation  
to matter  
understanding

These contents are adapted from Feelings Inventory from the Center for Nonviolent Communication

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