

## Nonviolent Communication - Needs List

### UNIVERSAL HUMAN NEEDS

As you get curious about needs, bear in mind that this collection is a starting point – it's not set in stone or all-encompassing. Consider it as a friendly stepping stone, designed to help you on a journey of self-discovery. The aim of identifying universal needs is to foster a stronger sense of compassionate acceptance within yourself as well as connection and understanding between you and others.

#### THE NEED FOR CONNECTION

To form meaningful relationships and bonds with others, fostering a sense of belonging and community  
acceptance (and self-acceptance), affection and warmth, belonging, companionship, community, compassion, connection, cooperation, inclusion, interdependence, intimacy and closeness, love, mourning, mutuality, shared reality, support, touch, understanding

#### THE NEED FOR SAFETY

The requirement for physical, emotional, and psychological security, creating an environment where individuals can thrive without fear  
reliability, rest, security, safe touch, safety, shelter, stability, sustenance, trust

#### THE NEED FOR AUTONOMY

The desire for independence and the freedom to make choices and decisions that align with one's values and goals  
authenticity, choice, freedom, independence, personal agency, physical movement, self-expression, self-governance, sexual-expression, space

#### THE NEED FOR RESPECT

The need to be treated with consideration, dignity, and acknowledgment of one's worth and uniqueness  
acceptance (and self-acceptance), appreciation, consideration, dignity, empathy, equality, honesty, integrity, respect (and self-respect), to matter, understanding

#### THE NEED FOR UNDERSTANDING

The need to be heard, seen, and empathetically comprehended by others, leading to deeper connections and emotional support  
clarity, empathy, active listening, emotional presence, honesty, open communication, sensitivity, validation

## THE NEED FOR MEANING

The pursuit of purpose and fulfilment, seeking activities and experiences that give life a sense of significance and direction  
fulfilment, growth, purpose, self-actualization, self-discovery

## THE NEED FOR CONTRIBUTION

The urge to make a positive impact and be of value to others, contributing to the betterment of society and one's immediate surroundings  
collaboration, competence, contribution, participation, service, sharing, support

## THE NEED FOR GROWTH

The need for continuous learning, personal development, and self-improvement, allowing individuals to reach their full potential  
effectiveness, learning, personal development, progress, self-awareness, transformation, wisdom

## THE NEED FOR PLAYFULNESS

The requirement for leisure, creativity, and enjoyment, balancing the demands of daily life with moments of fun and relaxation  
adventure, celebration, creativity, exploration, fun, joy, play, relaxation, spontaneity

## THE NEED FOR TRANSCENDENCE

The aspiration for moments of awe, inspiration, and connection to something greater than oneself, whether through spirituality, nature, or other means  
awe, beauty, connection, ease, harmony, inspiration, meaning beyond self, order, peace, presence, spirituality, wonder