



Needs List*

*This list is based on the lists developed by BayNVC and the Center for Nonviolent Communication

Subsistence and Security

Physical Sustenance

Air
Food
Water
Health
Movement
Physical Safety
Rest/Sleep
Shelter
Touch

Security

Consistency
Order/Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trust

Freedom

Autonomy

Choice
Ease
Independence
Liberation
Power
Self-responsibility
Space
Spontaneity

Leisure/Relaxation

Fun
Humour
Joy
Play
Pleasure
Rejuvenation

Connection

Affection

Appreciation
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual Expression
Support
Tenderness
Warmth

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutuality
Respect
Dignity
to be heard, seen
to be known
to be trusted
Understanding
Shared Reality

Community

Belonging
Communication
Cooperation
Equity
Inclusion
Mutuality
Participation
Partnership
Self-expression
Sharing
Collaboration
Solidarity
Allyship
Collective Power
Shared Holding
Shared Values
Liberation

Meaning

Sense of Self

Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-acceptance
Self-care
Self-connection
Self-knowledge
Self-realization

Understanding

Awareness
Clarity
Discovery
Learning
Stimulation
Challenge

Meaning

Aliveness
Challenge
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Celebration
Communion
Faith
Hope
Inspiration
Mourning
Grieving
Peace (internal)
Presence