

## Needs Inventory



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**

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

The contents of this page can be copied by anyone so long as they credit CNVC as follows:

© 2005 by Center for Nonviolent Communication  
Website: [www.cnvc.org](http://www.cnvc.org) Email: [cnvc@cnvc.org](mailto:cnvc@cnvc.org)  
Phone: +1.505-244-4041