

UNIVERSAL HUMAN NEEDS

(hopes, values, wishes, desires, dreams, yearnings, life-enhancing qualities, resources)

Acceptance
Acknowledgement
Adventure
Affirmation
Air
Appreciation
Authenticity
Autonomy

Balance
Beauty
Belonging

Celebration of life and dreams fulfilled
Celebration of losses
Clarity
Closeness
Collaboration
Community
Company
Compassion
Completion
Consideration
Contact
Contribution
Cooperation
Creativity

Emotional safety
Empathy
Expression

Food
Freedom
Freshness
Fun

Growth

Harmony
Help
Honesty

Imagination
Inspiration
Integrity
Intimacy

Laughter

Learning
Light
Love

Meaning
Mourning
Movement
Mystery

Order

Participation
Peace
Play
Power
Protection from physical harm, illness etc.

Reassurance
Recognition
Respect
Rest
Rhythm

Self-worth
Sexual expression
Sharing
Shelter
Solidarity
Structure
Support

Tolerance
Touch
Trust

Understanding

Warmth
Water
Wholeness

Variety

Drawn from teachings on Non-Violent Communication – www.cnvc.org