

NEEDS LIST

PHYSICAL EMBODIMENT

Aliveness
Attunement
Drink
Food
Growth
Healing
Movement
Nourishment
Pleasure
Procreation
Spontaneity
Touch

NATURE

Air
Heat
Land
Light
Shelter
Space
Water

SUSTAINABILITY

Balance
Biodiversity
Dissolution
Evolution
Hygiene
Information
Privacy
Protection
Resilience
Respect
Safety
Security
Stability
Survival
Sustenance

PERSONAL AUTONOMY

Agency
Choice
Competence
Empowerment
Effectiveness
Efficiency
Freedom
Identity
Mastery
Proficiency

HONESTY

Acknowledgement
Appreciation
Authenticity
Creativity
Expression
Integrity
Self-Expression
To Be Heard
To Be Known
To Be Seen
To Be Understood
Truth

SELF-EMPATHY

Awareness
Clarity
Congruence
Inner Trust
Inner Peace
Integrity
Knowledge
Learning
Presence
Self-Acceptance
Self-Awareness
Self-Care
Self-Connection
Self-Love
Self-Responsibility

WELL-BEING

Adventure
Comfort
Ease
Fun
Health
Humor
Leisure
Novelty
Order
Play
Predictability
Regeneration
Rejuvenation
Rest
Stimulation
Wholeness

INTERCONNECTED COMMUNITY

Accountability
Belonging
Caring
Collaboration
Communication
Companionship
Consideration
Consistency
Cooperation
Diversity
Fellowship
Inclusion
Interdependence
Organization
Participation
Partnership
Progress
Reassurance
Shared Reality
Shared-Responsibility
Support
Unity
Variety

EMPATHY

Affection
Celebration
Closeness
Compassion
Connection
Friendship
Intimacy
Mourning
Mutuality
Nurturance
Openness
Reciprocity
Understanding

PEACE

Acceptance
Collective Learning
Equity
Forgiveness
Grace
Harmony
Restorative Justice
Shared-Trust
Shared-Power
Transparency

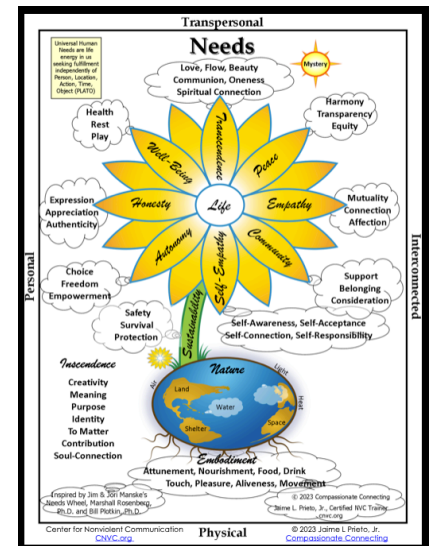
TRANSPERSONAL INCENDENCE

Consciousness
Contribution
Creativity
Identity
Inspiration
To Matter
Meaning
Purpose
Self-Actualization
Soul Connection

TRANSCENDENCE

Beauty
Communion
Faith
Flow
Hope
Love
Oneness
Spiritual Connection

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This document is a non-exhaustive list of Needs that has been expanded from the Center for Nonviolent Communication's "Needs Inventory" & adapted from James Prieto's CompassionateConnecting.com "Earth-Rooted Needs Flower" (above), which was inspired by Jim & Jori Manske's Needs Wheel, Marshall Rosenberg, PhD & Bill Plotkin PhD