

NEEDS: *Besides essentials for physical survival, such as air, food, sleep, etc., people across all cultures share some basic needs to thrive & feel fulfilled.*
Adapted by P. Wassman from Rosenberg, M.B. (2003). *Nonviolent communication: A language of life.* Encinitus, CA. Puddle Dancer Press.

INTERDEPENDENCE & HARMONY:

Communication	Clarity, Connection, Honesty, Information, Openness, Understanding
Connectedness	Compassion, Communication, Ease, Empathy, Harmony, Mutuality, Shared Values/History/Culture, Trust, Understanding
Cooperation	Consideration, Participation, Mutuality, Respect, Support, Teamwork
Feedback	Acknowledgement, Growth, Learning, Understanding, Recognition
Inclusion	Belonging, Equality, Openness, Sharing, Support
Order	Accessibility, Clarity, Ease, Efficiency, Information, Understanding
Reliability	Accountability, Accessibility, Consistency, Dependability, Efficiency, Productivity, Stability, Sustainability

INTEGRITY: Accountability, Authenticity, Equality, Honesty, Mutuality, Openness

WELL-BEING (personal and/or organizational): *refer also to other need categories*
Creative Expression, Ease, Health, Meaning, Peace, Purpose, Recreation, Rest, Safety, Security, Self-reliance, Self-worth, Shelter, Stability, Support, Sustenance, Viability

AUTONOMY: Choice, Consideration, Personal Expression, Freedom, Individuality, Respect, Self-reliance, Space, Trust

CONTRIBUTION & GROWTH:

Creativity	Beauty, Expression, Inspiration
Learning	Growth, Guidance, Wisdom, Support, Understanding
Purpose	Clarity, Direction, Meaning, Significance
Spiritual Expression	Connection, Direction, Inspiration, Meaning, Order, Purpose
Stimulation	Challenge, Experience, Inspiration, Variety, Vitality, Vision

MOURNING, PEACE & CELEBRATION:

Mourning	Clarity, Celebration, Closure, Compassion, Empathy, Meaning, Peace, Respect, Sharing, Space, Support, Understanding, Wisdom
Peace	Ease, Relaxation, Serenity, Tranquility
Celebration	Community, Creativity, Enjoyment, Fun, Joy, Play, Recreation, Sharing

RELATIONSHIP: *refer also to all above needs*

Community & Companionship	Belonging, Contribution, Friendship, Fun, Play, Recreation, Sharing, Shared values
Parenting & Family	Affection, Belonging, Comfort, Empathy, Growth, Harmony, Joy, Learning, Love, Nurturing, Security, Sharing, Support, Understanding, Well-being,
Primary Relationship	Affection, Closeness, Comfort, Consideration, Harmony, Joy, Love, Intimacy, Nurturing, Support, Sharing, Touch, Understanding, Well-being