

Needs Inventory

From The Center for Nonviolent Communication
www.cnvc.org

Autonomy

- To choose one's dreams, goals, values
- To choose one's plan for fulfilling one's dreams, goals, values

Celebration

- To celebrate the creation of life and dreams fulfilled.
- To celebrate losses: loved ones, dreams, etc. (mourning)

Integrity

- Authenticity
- Creativity
- Meaning
- Self-worth

Interdependence

- Acceptance
- Appreciation
- Closeness
- Community
- Consideration
- Contribution to the enrichment of life (to exercise one's power by giving that which contributes to life)
- Emotional Safety
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love
- Reassurance
- Respect
- Support
- Trust
- Understanding
- Warmth

Physical Nurturance

- Air
- Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals (especially human beings)
- Rest
- Sexual expression

Play and Spiritual Communion

- Beauty
- Harmony
- Inspiration
- Order
- Peace