

# 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