

The Ultimate List of All the Needs out there!

The following are needs that you can use to point out which one you can fulfill to make your happier!

It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people!

- ✓ Subsistence (basic needs such as eating, drinking...)
- ✓ Protection (safety)
- ✓ Affection (love)
- ✓ Understanding (empathy)
- ✓ Participation, warm community
- ✓ Leisure (rest, play)
- ✓ Creativity
- ✓ Identity
- ✓ Freedom
- ✓ Autonomy, choose your life
- ✓ Meaning and purpose

This is the "Needs Inventory" by the Center for Nonviolent Communication

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CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-
respect
safety
security
stability
support
to know and be
known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELLBEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of
life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
selfexpression
stimulation
to matter
understanding