



UNIVERSAL NEEDS / LONGINGS / VALUES / DESIRES

From the moment we wake up, until we go to sleep night, nearly everything that we do is an attempt to meet these universal human needs/values in a certain way.

Please do not confuse the word needs with the judgment of “being needy.” We can also refer to these as our longings, desires, inspirations and motivations.

SECURITY & SUBSISTENCE

Physical Sustenance

Air
Food
Health
Movement
Physical Safety
Rest / Sleep
Shelter
Touch
Water

Security

Consistency
Order / Structure
Peace (external)
Peace of mind
Protection
Safety (emotional)
Stability
Trust

FREEDOM

Autonomy

Choice
Ease
Independence
Power
Self-Responsibility
Space
Spontaneity

Leisure / Relaxation

Humor
Joy
Play
Pleasure
Rejuvenation

CONNECTION

Affection

Appreciation
Closeness
Companionship
Harmony
Intimacy
Love
Nurturing
Sexual Expression
Support
Tenderness
Warmth

To Matter

Acceptance
Care
Compassion
Consideration
Empathy
Kindness
Mutual Recognition
Respect
To be heard
To be seen
To be know
To be understood
To be trusted
To understand others

Community

Belonging
Communication
Cooperation
Equality
Inclusion
Mutuality
Participation
Partnership
Self-Expression
Sharing

MEANING

Sense of Self

Authenticity
Competence
Creativity
Dignity
Growth
Healing
Honesty
Integrity
Self-Acceptance
Self-Care
Self-Connection
Self-Knowledge
Self-Realization
Mattering to myself

Understanding

Awareness
Clarity
Discovery
Learning
Making sense of life
Stimulation

Meaning

Aliveness
Challenge
Consciousness
Contribution
Creativity
Effectiveness
Exploration
Integration
Purpose

Transcendence

Beauty
Celebration of life
Communion
Faith
Flow
Hope
Inspiration
Mourning
Peace (internal)
Presence

PRIMARY NEEDS:	PRIMARY EMOTIONS:
*Connection	Glad
*Safety	Scared
Respect	Mad
Appreciation	Sad
To Be Seen Clearly	Frustrated
To Be Understood	Confused

This list, originally created by Miki Kashtan and adapted by Scott Catamas, builds on Marshall Rosenberg’s original needs list with categories adapted from Manfred Max-Neef. For more information on NVC, visit www.cnvc.org or call 505.244.4041

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