

## Needs List-NVC.org

Needs are more than the things we can't live without.

They represent our values, wants, desires and preferences for a happier and/or more meaningful experience as a human. Although we have different needs in differing amounts at different times, they are universal in all of us. When they are unmet, we experience [feelings](#)...when they are met, we experience [feelings](#).

### CONNECTION

Acceptance  
Affection  
Appreciation  
Authenticity  
Belonging  
Care  
Closeness  
Communication  
Communion  
Community  
Companionship  
Compassion  
Consideration  
Empathy  
Friendship  
Inclusion  
Inspiration  
Intimacy  
Love  
Mutuality  
Nurturing  
Partnership  
Presence  
Respect/Self-respect  
Security  
Self-Acceptance  
Self-Care  
Self-Connection  
Shared Reality  
Stability  
Support  
To know and be known  
To see and be seen  
Trust  
Understanding  
Warmth

### PLAY

Adventure  
Excitement  
Fun  
Humor  
Joy  
Relaxation  
Stimulation

### PEACE

Acceptance  
Balance  
Beauty  
Communion  
Ease  
Equanimity  
Faith  
Harmony  
Hope  
Order  
Peace-of-mind  
Space

### PHYSICAL WELL-BEING

Air  
Care  
Food  
Movement/exercise  
Rest/sleep  
Safety (protection from harm)  
Sexual expression  
Shelter  
Touch  
Water

### MEANING

Awareness  
Celebration  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Integration  
Learning  
Mourning  
Movement  
Participation  
Presence  
Progress  
Purpose  
Self-expression  
Stimulation  
Understanding

### AUTONOMY

Choice  
Dignity  
Freedom  
Independence  
Self-Expression  
Space  
Spontaneity