

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