

# Needs Inventory

This list of needs is by no means exhaustive or definitive. It is a helpful resource while identifying your own needs and guessing the needs of others.

## **AUTONOMY**

Choice  
Fairness & Justice  
Freedom  
Independence  
Space  
Spontaneity

## **HONESTY**

Authenticity  
Integrity  
Presence

## **MEANING**

Accomplishment  
Awareness  
Celebration of life  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Grieving  
Growth  
Hope  
Learning  
Mourning  
Participation  
Purpose  
Self-expression  
Stimulation  
To matter  
Understanding

## **CONNECTION**

Acceptance  
Acknowledgement  
Affection  
Appreciation  
Belonging  
Consideration  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Emotional safety  
Empathy  
Honoring Agreements  
Inclusion  
Interdependence  
Intimacy  
Kindness  
Love  
Mutuality  
Nurturing  
Recognition  
Respect  
Self-respect  
Safety  
Security  
Shared Reality  
Sharing  
Stability  
Support  
Tenderness  
To Explore & Honor My Values  
To know and be known  
To see and be seen  
To understand  
To be understood  
Transparency  
Trust  
Warmth

## **PEACE**

Balance  
Beauty  
Communion  
Ease  
Equality  
Harmony  
Inspiration  
Order

## **PHYSICAL WELL-BEING**

Air  
Food  
Movement/exercise  
Pleasure  
Rest/sleep  
Sexual expression  
Safety  
Shelter  
Solitude  
Touch  
Water

## **PLAY**

Fun  
Joy  
Humour  
Laughter  
Adventure  
Creativity

This list is based mainly on the Needs Inventory by Center for Nonviolent Communication ([www.cnvc.org](http://www.cnvc.org)) and the Maine NVC Network ([www.maine-nvc-network.org](http://www.maine-nvc-network.org)).