

## UNIVERSAL HUMAN NEEDS

*By living from the consciousness that every single human shares the same universal needs, and warmly attuning to the ever-shifting needs alive inside ourselves and others, we can stay connected to our shared humanity, mourn tragic/violent expressions of unmet needs, and choose peace-fostering strategies in which everyone's needs matter.*

### **Sustenance**

Physical well-being  
Emotional well-being  
Health  
Breath  
Nourishment  
Shelter  
Sense of home  
Movement  
Exertion  
Replenishment  
Release of tension  
Rest  
Sleep  
Sunlight

### **Safety/Security**

Survival  
Physical Safety  
Emotional safety  
Healing  
Peace (internal/external)  
Protection  
Stability  
Consistency  
Predictability  
Order  
Structure  
Resource stability  
Sustainability  
Safety net  
Shared holding

### **Empowerment**

Choice  
Freedom  
Autonomy  
Spontaneity  
Space  
Solitude  
Independence  
Self-expression  
Self-responsibility  
Shared power  
Equality  
Flexibility  
Balance  
Inspiration  
Stimulation  
Congruency  
Courage  
Focus  
Efficiency  
Effectiveness  
Competence  
Challenge  
Productivity  
Success  
Manifestation  
Ease

**Connection**

Friendship  
Family  
Community  
Harmony  
Honesty  
Sharing  
Mutuality  
Reciprocity  
Cooperation  
Equality  
Shared reality  
Shared values  
Mutuality  
To see and be seen  
To hear and be heard  
To know and be known  
To trust and be trusted  
To understand and be understood  
To get and be gotten  
To have intentions seen  
Repair/reconciliation  
Communication  
Help and support  
Mattering to others  
Inclusion  
Participation  
Appreciation  
Attention  
Connection  
Acceptance  
Care  
Compassion  
Consideration  
Empathy  
Respect  
Kindness  
Belonging

**Intimacy**

Love  
Nurturing  
Tenderness  
Open-heartedness  
Warmth  
Flirtation  
Companionship  
Partnership  
Consistency  
Continuity  
Depth  
Affection  
Closeness  
Touch  
Being held (physically/emotionally)  
Sexual expression  
Sexual exploration  
Sexual satisfaction  
Emotional/physical intensity  
Emotional/physical gentleness  
Emotional/physical attunement

**Self-Connection**

Sense of self  
Mattering to self  
Authenticity  
Integrity  
Alignment  
Dignity  
Competence  
Intuition  
Self-knowledge  
Self-acceptance  
Self-compassion  
Self-care  
Self-love  
Self-respect  
Equanimity

## **Life Meaning**

Meaning  
Purpose  
Contribution  
Consciousness  
Awareness  
Clarity  
Intellectual Growth  
Emotional/spiritual growth  
Making sense of life  
Aliveness  
Connection to source/divine  
Faith  
Hope  
Honoring  
Reverence  
Depth  
Confluence  
Sacred practice  
Silence  
Ritual  
Grace  
Flow  
Communion  
Presence  
Transcendence  
Mourning  
Celebration  
Beauty  
Integration  
Transcendence  
Mourning  
Celebration  
Beauty  
Oneness

## **Pleasure/Joy**

Leisure  
Relaxation  
Decompression  
Humor  
Irreverence  
Laughter  
Levity  
Lightness  
Fun  
Play  
Spontaneity  
Rejuvenation  
Creativity  
Exploration  
Discovery  
Adventure  
Communion with nature

*This list builds on Marshall Rosenberg's original Nonviolent Communication needs lists, as well as needs lists on [www.BayNVC.org](http://www.BayNVC.org), [www.CNVC.org](http://www.CNVC.org), and [www.EL4Peace.com](http://www.EL4Peace.com). Neither exhaustive nor definitive, this list is intended to support you in warmly and authentically attuning to your feelings/needs and those of others. The contents of these pages may be distributed, so long as full copyright and attribution information is included.*