

Some Basic Needs We All Have

Physical Nurturance

- Air
- Food
- Movement, exercise
- Protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals (especially human beings)
- Rest
- Sexual Expression
- Shelter
- Touch
- Water

Celebration

- Celebrate the creation of life and dreams fulfilled
- Celebrate losses: loved ones, dreams, etc. (mourning)

Play/Spiritual Communion

- Beauty
- Harmony
- Inspiration
- Order
- Peace

Autonomy

- Choosing dreams/goals/values
- Choosing plans for fulfilling one's dreams, goals, values

Integrity

- Authenticity
- Creativity
- Meaning
- Self-worth

Interdependence

- Acceptance
- Appreciation
- Closeness
- Community
- Consideration
- Contribute to the enrichment of life
- Emotional safety
- Empathy
- Honesty (the empowering honesty that enables us to learn from our limitations)
- Love
- Reassurance
- Respect
- Support
- Trust
- Understanding

Adapted from The Nonviolent Communication Training Course by Marshall Rosenberg, Ph.D.