

## NVC List of Needs

### Body

Air  
Food  
Health  
Movement  
Physical safety/  
Protection  
Rest  
Sleep  
Shelter  
Touch  
Water

### Security

Balance  
Consistency  
Emotional safety  
Financial security  
Order/Structure  
Peace (external)  
Peace of mind  
Quiet  
Stability  
Trust

### Freedom

Autonomy  
Choice  
Ease  
Focus/Traction  
Independence  
Power in your  
world  
Self-responsibility  
Solitude  
Space  
Spontaneity

### Relaxation

Fun  
Humor  
Idleness  
Irreverence  
Laughter  
Play  
Refresh  
Rejuvenation

### Connection

Affection  
Attention  
Bonding  
Closeness  
Companionship  
Harmony  
Intimacy  
Love  
Mutuality  
Nurturing  
Sexual expression  
Shared reality  
Support  
Tenderness  
Warmth

### Community

Belonging  
Collaboration  
Communication  
Contribution  
Cooperation  
Equality  
Generosity/Giving  
Hospitality  
Inclusion  
Mutuality  
Participation  
Partnership  
Restorative justice  
Shared values  
Welcoming

### Mattering

Acceptance  
Appreciation  
Care  
Consideration  
Empathy  
Gentleness  
Kindness  
Meaning  
Mourning  
Reassurance  
Respect  
To be heard, seen  
To be known,  
understood  
To be trusted

### Healthy Ego

Authenticity  
Boundaries  
Competence  
Determination/Grit  
Dignity  
Healing  
Honesty  
Humility  
Integration  
Integrity  
Mattering to self  
Self-acceptance  
Self-care  
Self-compassion  
Self-connection  
Self-expression  
Self-realization  
Self-respect  
Self-trust/  
Confidence  
Self-worth

### Understanding

Clarity  
Discovery  
Exploration  
Learning  
Making sense of  
life  
Stimulation

### Vitality

Aliveness  
Challenge  
Creativity  
Effectiveness  
Energy  
Growth  
Integration  
Nature  
Purpose  
Vision/Dreams

### Liberation

Awakening  
Awareness/  
Presence  
Beauty  
Blame-free  
Celebration  
Communion  
Compassion  
Equanimity  
Faith  
Flow  
Gratitude  
Hope  
Inspiration  
Joy with others  
Release/Letting go  
Simplicity  
Transcendence  
Wonder