

NVC List of Needs

Body

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

Security

Balance
Consistency
Emotional safety
Energy conservation
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