

Figure 7.1 Universal human needs.

In the nonviolent communication model, universal human needs are often grouped into four categories: Subsistence and security, freedom, connection and meaning, and each has subcategories. This is not an exhaustive or definite list.

Subsistence and Security

Physical Sustenance	Security
Air	Consistency
Food	Emotional safety
Health	Order/Structure
Movement	Peace
Physical safety	Stability
Rest	Trusting
Shelter	
Touch	
Water	

Freedom

Autonomy	Relaxation
Choice	Humor
Independence	Joy
Power	Play
Responsibility	Pleasure
	Rejuvenation

Connection

Affection	To Matter	Community
Appreciation	Acceptance	Belonging
Attention	Care	Communication
Closeness	Compassion	Cooperation
Companionship	Consideration	Equality
Harmony	Empathy	Inclusion
Love	Kindness	Mutuality
Nurturing	Mutual Recognition	Participation
Support	Respect	Partnership
Sexual expression	To be heard and seen	Self-expression
Tenderness	To be known and understood	Sharing
Warmth	To be trusted	
	Understanding others	

Figure 7.1 (Continued)

Meaning			
Sense of Self	Self-care	Meaning	Transcendence
Authenticity	Self-connection	Aliveness	Beauty
Competence	Self-knowledge	Challenge	Celebration
Creativity		Contribution	Flow
Dignity	Understanding	Effectiveness	Hope
Growth	Awareness	Exploration	Inspiration
Healing	Clarity	Integration	Mourning
Honesty	Discovery	Purpose	Peace (internal)
Integrity	Learning		Presence
Self-acceptance	Sense-making		