

HUMAN NEEDS for THRIVING

CONNECTION

acceptance
affection
appreciation
belonging
caring
communication
community
companionship
compassion
consideration
cooperation
empathy
familiarity
inclusion
interdependence
intimacy
love
mutuality
nurturing
partnership
respect



CONNECTION, cont.

support
to know and be known
to see and be seen
to understand
to be understood
trust
warmth

AUTHENTICITY

honesty
integrity
presence
self-expression
truth
wholeness

AUTONOMY

choice
confidence
freedom
independence
privacy
self-respect
space

MEANING

awareness
awe, wonder
celebration
challenge
clarity
competence
contribution
creativity
discovery
effectiveness
growth
inspiration
learning
mourning
power
purpose
self-actualization
understanding

WELL-BEING OF OTHERS

We have all of these needs
in relation to people we care
about

PEACE

beauty
ease
equanimity
harmony
tranquility

PHYSICAL WELL-BEING

air, food, water, shelter
balance
comfort
movement, exercise
rest, sleep
relaxation
sexual expression
safety
touch

PLAY

adventure
fun, joy, laughter
spontaneity

Based on Marshall Rosenberg's
Nonviolent Communication, adapted by
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