

Universal Needs Inventory:

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

INTER-DEPENDENT NEEDS

Acceptance
 Affection
 Appreciation
 Belonging
 Cooperation
 Communication
 Connection
 Closeness
 Community
 Companionship
 Compassion
 Consideration
 Consistency
 Empathy
 Inclusion
 Intimacy
 Love
 Mutuality
 Nurturing
 Respect
 Self-respect
 Understanding
 (To understand and be understood)
 Visibility
 (To see and be seen)

SAFETY and HEALTH

Physical,
 Psychological and
 Emotional Safety
 Security
 Stability
 Support
 Trust
 Warmth

HONESTY

Clarity
 Authenticity
 Awareness

REST and PLAY

Celebration
 Challenge
 Ease
 Enjoyment
 Fun
 Joy
 Humour
 Relaxation
 Stimulation

PEACE

Beauty
 Communion
 Ease
 Equality
 Harmony
 Inspiration
 Order

PHYSICAL WELL-BEING

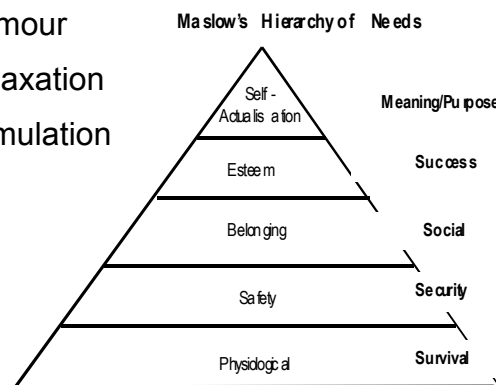
Air
 Food
 Movement/
 exercise
 Rest/sleep
 Sexual expression
 Safety
 Shelter
 Touch
 Water

MEANING

Awareness
 Celebration of life
 Challenge
 Clarity
 Competence
 Consciousness
 Contribution
 Creativity
 Discovery
 Efficacy
 Effectiveness
 Growth
 Hope
 Learning
 Mattering
 Mourning
 Participation
 Purpose
 Self-expression
 Understanding

AUTONOMY

Choice
 Freedom
 Independence
 Integrity
 Presence
 Space
 Spontaneity



COLLOQUIAL EXPRESSIONS OF NEEDS

ACCEPTANCE: you'd like to be seen just as you are

AUTHENTICITY: you want to say or do what's really in your heart?

AUTONOMY: you'd like some choice about what you do?

PARTICIPATION: you'd like some say in what we are doing?

SECURITY: do you want to know that you're going to be ok?

COOPERATION: do you want everyone to work together as a team?

COMPANIONSHIP: Would you like some company?

EFFECTIVENESS: Do you want to be able to make things change?

PEACE: Do you want quiet? or calm? or an easy time?

EQUALITY: You want the same for everyone?

AFFECTION: Do you want to be close?

COMPASSION: You want to be heard about how special or hard this is for you?

INCLUSION: Would you like to be a part of what's happening?

CELEBRATION: Would you like to show how happy you feel?

PURPOSE: Would you like something important to do?

STIMULATION: Are you looking for fun or something new to do?

MOURNING: Do you want to show how sad you feel?

COMPETENCE: Do you want to really know or show you can do it?

APPRECIATION: You want to know that what you did or do is important/ valued?

HONESTY: You want to trust that what is said is true?

CONTRIBUTION: Would you like to be able to help or share?

MUTUALITY: You want to share the same ideas or beliefs? (we learn from each other) You'd like everyone to have a turn / share / equal amount?

ORDER: You want to find things easily? or you want to know what's going on around you? You'd like some sense of control in your life?

CONSISTENCY: You want to be able to count on this happening the same way each time (may also be a need for some predictability or certainty.)

Other examples of colloquial NVC

The level of connection and intent you have determines what language you use.

"You really missed me." Short hand for "Are you feeling lonely because you were hoping for some connection?"

Autonomy—"You want to do your own thing." "You want to do it your own way."

There are no hard and fast rules, but as a general rule: In an NVC Group, do your best to stay in classical giraffe as long as it's still alive for you. Outside the NVC community, don't use it.