

NEEDS LIST

Besides essential requirements for physical survival, such as air, food, sleep, etc., people across all cultures share some basic need in order to thrive and to realize their full potential.

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| <p style="text-align: center;">INTERDEPENDENT NEEDS</p> <p style="text-align: center;">Communication Clarity Understanding Information</p> <p style="text-align: center;">Feedback Acknowledgment Appreciation Understanding Reassurance</p> <p style="text-align: center;">Cooperation Consideration Inclusion Support Respect Stability Dependability Accountability Reliability Competence Consistency Safety</p> <p style="text-align: center;">Connectedness Compassion Empathy Trust Acceptance</p> <p style="text-align: center;">Community & Family Shared Values/History/Culture Support Comfort Sharing Inclusion Safety Security Well-being Affection</p> <p style="text-align: center;">Parenting Nurturing Support Comfort Sharing</p> <p style="text-align: center;">Relationship Friendship Companionship Sharing Closeness Respect Harmony Warmth Affection Nurturing Support Comfort Love Touch Intimacy</p> | <p style="text-align: center;">AUTHENTICITY</p> <p style="text-align: center;">Integrity Purpose Respect Honesty</p> <hr/> <p style="text-align: center;">PURPOSE Contribution Meaning Significance</p> <p style="text-align: center;">Work Contributing Sharing Participation Learning Understanding Growth</p> <p style="text-align: center;">Stimulation Variety Challenge Experience Creativity Wisdom</p> <hr/> <p style="text-align: center;">INSPIRATION & HARMONY</p> <p style="text-align: center;">Spiritual Communion</p> <p style="text-align: center;">Inspiration Purpose</p> <p style="text-align: center;">Harmony Beauty</p> <p style="text-align: center;">Order Balance Equality Mutuality</p> <p style="text-align: center;">Peace Tranquility</p> |
| <p style="text-align: center;">AUTONOMY</p> <p style="text-align: center;">Choice Independence Individuality Freedom Space Consideration Trust Respect Understanding</p> | <p style="text-align: center;">REST, PLAY & CELEBRATION</p> <p style="text-align: center;">Play Enjoyment Fun Creativity Rest Ease Tranquility Peace Celebration & Mourning</p> |

Created by Penny Wassman, Certified NVC Trainer