

Needs List CNVC

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.

<p>CONNECTION</p> <p>acceptance affection appreciation belonging cooperation communication closeness community companionship compassion consideration consistency empathy inclusion intimacy love mutuality nurturing respect/self-respect</p> <p>CONNECTION</p> <p>continued safety security stability support to know and be known to see and be seen to understand and be understood trust warmth</p>	<p>PHYSICAL WELL-BEING</p> <p>air food movement/exercise rest/sleep sexual expression safety shelter touch water</p> <p>HONESTY</p> <p>authenticity integrity presence</p> <p>PLAY</p> <p>joy humor</p> <p>PEACE</p> <p>beauty communion ease equality harmony inspiration order</p>	<p>AUTONOMY</p> <p>choice freedom independence space spontaneity</p> <p>MEANING</p> <p>awareness celebration of life challenge clarity competence consciousness contribution creativity discovery efficacy effectiveness growth hope learning mourning participation purpose self-expression stimulation to matter understanding</p>
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