
NEEDS LIST

Marshall Rosenberg, the creator of Nonviolent Communication (NVC), outlines universal human needs that form the basis of his communication framework. Here are nine core needs from the NVC perspective

- **Connection**

The need for emotional closeness, understanding, and a sense of belonging with others.

- **Autonomy**

The need for independence, self-determination, and the ability to make choices that align with one's values.

- **Physical Well-being**

The need for safety, security, and overall physical health and comfort.

- **Meaning**

The need for a sense of purpose, significance, and fulfillment in one's life and relationships.

- **Contribution**

The need to contribute to the well-being of others, to make a positive impact, and to be of service.

- **Play**

The need for recreation, joy, and lightheartedness, adding a sense of fun and spontaneity to life.

- **Peace**

The need for inner tranquility, harmony, and the absence of conflict or violence in one's surroundings.

- **Empathy**

The need to be heard, understood, and empathetically connected with others.

- **Spirituality**

The need for a connection to something greater than oneself, whether it be a higher power, nature, or a sense of universal interconnectedness.

- **Mindful Self-Reflection:**

- Develop a daily habit of reflecting on your emotions, especially during moments of conflict or frustration. Ask yourself, "What need might be triggering this reaction?" Journaling about your feelings can help unravel hidden needs.

- **Emotion and Need Mapping:**

- Create a visual map linking your emotions to potential underlying needs. When you feel a strong emotion, take a moment to identify it and then explore what fundamental need might be at the core. This mapping process can bring clarity to your emotional landscape.

- **Solo Needs Assessment:**

- Set aside dedicated time to assess your individual needs within the relationship. Consider what aspects contribute to your emotional well-being and satisfaction. This personal inventory can provide valuable insights into the hidden needs influencing your reactions.