



Worksheet: Beautiful Human Needs

We all have needs as humans, and yet so often we deny, ignore, or dismiss our needs in service of others. We all deserve to know and feel our desires, needs, and wants within ourselves and our relationships; knowing what we want helps create boundaries and build trust within yourself and in relationship. Part of our work together is to learn to feel, sense, and honor our beautiful needs. Review the list, find 10-15 that are important to you right now; review your list and see what patterns emerge.

This list comes to us freely from the Center for Nonviolent Communication. Find them at cnvc.org.

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect
safety
security
stability
support
to know and be known
to see and be seen
to understand and be understood
trust
warmth

PHYSICAL WELL-BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

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

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