



Universal Needs and Feelings from the Nonviolent/Compassionate Communication model

BASIC NEEDS

The need to or need for....

Autonomy- To choose dreams/goals/values AND plans for fulfilling these

Celebration- To celebrate successes as well as losses (mourning)

Integrity- Authenticity, creativity, meaning, self-worth

***Interdependence-** Acceptance, appreciation, closeness, community, consideration, contribution, emotional safety, empathy, honesty (that enables us to learn from our limitations), love, reassurance, respect, support, trust, understanding

Physical Nurture- Air, food, movement, exercise, rest, sexual expression, shelter, touch, water, protection of life- threatening diseases and animals

Play- Fun, laughter

Spiritual- Beauty, harmony, inspiration, order, peace

BASIC FEELINGS

When needs are fulfilled (empowering)..

Confident, comfortable, fulfilled, glad, hopeful, inspired, intrigued, joyous, move, optimistic, proud, relieved, stimulated, surprised, thankful, touched, trusting, eager, energetic, amazed

When needs are not fulfilled (disempowering)..

Angry, annoyed, concerned, confused, disappointed, discouraged, distressed, embarrassed, frustrated, helpless, hopeless, impatient, irritated, lonely, nervous, overwhelmed, puzzle, reluctant, sad, uncomfortable.

Please visit www.cnvc.org to learn more