

Universal Needs

From the work of Marshall Rosenberg, Ph.D.

acceptance	effectiveness	partnership
adaptability	efficiency	patience
appreciation	empathy	peace
authenticity	equity	play
autonomy	follow-through	presence
awareness	freedom	progress
balance	fun	purpose
belonging	growth	recognition
caring	harmony	reflection
celebration	healing	reliability
challenge	health	relief
choice	honesty	respect
clarity	hope	rest
collaboration	humor	safety
communication	inclusion	security
community	independence	self-care
compassion	information	self-expression
competence	inspiration	self-reliance
consciousness	integration	space
connection	integrity	stability
consideration	joy	stimulation
consistency	learning	spontaneity
contribution	mattering	stability
cooperation	meaning	support
creating	mourning	trust
creativity	mutuality	understanding
dependability	openness	warmth
dignity	order	well-being
ease	participation	