

## **Basic Human Needs**

**Autonomy:** to choose one's dreams, goals and values, to choose one's plan for fulfilling one's dreams, goals and values.

**Integrity:** Authenticity, creativity, meaning & self-worth.

**Celebration/Honoring:** to celebrate the creation of life and dreams fulfilled. To mourn losses: loved ones, dreams, etc.

**Interdependence:** acceptance, appreciation, closeness, community, consideration, contribution to the enrichment of life (to exercise one's power by giving that which contributes to life). emotional safety, empathy, honesty (the empowering honesty that enables us to learn from our limitations), love, reassurance, respect support, trust understanding and warmth.

**Spiritual Communication:** beauty, harmony, inspiration, order & peace.

**Play:** fun & laughter

**Physical Nurturance:** air, food, water, shelter, movement/exercise, safety, rest, sexual expression.

"If we don't value our needs, others may not either."

Taken from: *Nonviolent Communication, A language of Life*  
by Marshall B. Rosenberg