CNVC’S LIST OF UNIVERSAL HUMAN NEEDS
The Center for Nonviolent Communication is a nonprofit organization dedicated to furthering the principles of nonviolence. CNVC assumes that we all share the same basic human needs and that each of our actions helps us meet one or more of those needs. Below is a list of universal needs, provided by CNVC, which provides a great starting point for design thinking projects.

<table>
<thead>
<tr>
<th>CONNECTION</th>
<th>PHYSICAL WELL-BEING</th>
<th>HONESTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acceptance</td>
<td>Air</td>
<td>Authenticity</td>
</tr>
<tr>
<td>Affection</td>
<td>Food</td>
<td>Integrity</td>
</tr>
<tr>
<td>Appreciation</td>
<td>Movement/exercise</td>
<td>Presence</td>
</tr>
<tr>
<td>Belonging</td>
<td>Rest/sleep</td>
<td></td>
</tr>
<tr>
<td>Cooperation</td>
<td>Safety</td>
<td></td>
</tr>
<tr>
<td>Communication</td>
<td>Security</td>
<td></td>
</tr>
<tr>
<td>Closeness</td>
<td>Stability</td>
<td></td>
</tr>
<tr>
<td>Community</td>
<td>Support</td>
<td></td>
</tr>
<tr>
<td>Companionship</td>
<td>To know and be known</td>
<td></td>
</tr>
<tr>
<td>Compassion</td>
<td>To see and be seen</td>
<td></td>
</tr>
<tr>
<td>Consideration</td>
<td>To understand and be understood</td>
<td></td>
</tr>
<tr>
<td>Consistency</td>
<td>Trust</td>
<td></td>
</tr>
<tr>
<td>Empathy</td>
<td>Warmth</td>
<td></td>
</tr>
<tr>
<td>Inclusion</td>
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</tr>
</tbody>
</table>
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

Creative
Discovery
Efficacy
Effectiveness
Growth
Hope
Learning
Mourning
Participation
Purpose
Self-expression
Stimulation
To matter
Understanding

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