

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.

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

