

## 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.

<b>CONNECTION</b>	Intimacy	<b>PHYSICAL WELL-BEING</b>
Acceptance	Love	Air
Affection	Mutuality	Food
Appreciation	Nurturing	Movement/exercise
Belonging	Respect/self-respect	Rest/sleep
Cooperation	Safety	Sexual expression
Communication	Security	Safety
Closeness	Stability	Shelter
Community	Support	Touch
Companionship	To know and be known	Water
Compassion	To see and be seen	<b>HONESTY</b>
Consideration	To understand and be understood	Authenticity
Consistency	Trust	Integrity
Empathy	Warmth	Presence
Inclusion		

**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

