

List of Needs

From Marshall B. Rosenberg

Autonomy <ul style="list-style-type: none">• To choose one's dreams, goals, values• To choose one's plan for fulfilling one's dreams, goals, values	Integrity <ul style="list-style-type: none">• authenticity• creativity• meaning• self-worth	Celebration <ul style="list-style-type: none">• To celebrate the creation of life and dreams fulfilled• To celebrate losses: loved ones, dreams, etc. [mourning]
Interdependence <ul style="list-style-type: none">• 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 kind, that enables us to learn from our limitations)• love• reassurance• respect• support• trust• understanding• warmth	Physical Nurturance <ul style="list-style-type: none">• air• food• water• movement, exercise• protection from life-threatening forms of life: viruses, bacteria, insects, predatory animals• rest• sexual expression• shelter• touch	Spiritual Communion <ul style="list-style-type: none">• beauty• harmony• inspiration• order• Peace <hr/> Play <ul style="list-style-type: none">• fun• laughter

