

**Figure 7.1** Universal human needs.

In the nonviolent communication model, universal human needs are often grouped into four categories: Subsistence and security, freedom, connection and meaning, and each has subcategories. This is not an exhaustive or definite list.

### **Subsistence and Security**

#### **Physical Sustenance**

Air  
Food  
Health  
Movement  
Physical safety  
Rest  
Shelter  
Touch  
Water

#### **Security**

Consistency  
Emotional safety  
Order/Structure  
Peace  
Stability  
Trusting

### **Freedom**

#### **Autonomy**

Choice  
Independence  
Power  
Responsibility

#### **Relaxation**

Humor  
Joy  
Play  
Pleasure  
Rejuvenation

### **Connection**

#### **Affection**

Appreciation  
Attention  
Closeness  
Companionship  
Harmony  
Love  
Nurturing  
Support  
Sexual expression  
Tenderness  
Warmth

#### **To Matter**

Acceptance  
Care  
Compassion  
Consideration  
Empathy  
Kindness  
Mutual Recognition  
Respect  
To be heard and seen  
To be known and understood  
To be trusted  
Understanding others

#### **Community**

Belonging  
Communication  
Cooperation  
Equality  
Inclusion  
Mutuality  
Participation  
Partnership  
Self-expression  
Sharing

**Figure 7.1** (Continued)

<b>Meaning</b>			
<b>Sense of Self</b>	Self-care	<b>Meaning</b>	<b>Transcendence</b>
Authenticity	Self-connection	Aliveness	Beauty
Competence	Self-knowledge	Challenge	Celebration
Creativity		Contribution	Flow
Dignity	<b>Understanding</b>	Effectiveness	Hope
Growth	Awareness	Exploration	Inspiration
Healing	Clarity	Integration	Mourning
Honesty	Discovery	Purpose	Peace (internal)
Integrity	Learning		Presence
Self-acceptance	Sense-making		