

# NVC Needs Inventory

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Knowing your needs increases your self-awareness, equips you to make informed requests in your relationships and set appropriate boundaries.

## CONNECTION

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
community  
closeness  
companionship  
compassion  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nature  
nurturing  
respect / self-respect  
safety  
security  
support  
to know and to be known  
to see and to be seen  
to understand and be understood  
trust  
warmth

## PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
order  
spiritual -  
communion

## AUTONOMY

choice  
freedom  
independence  
space  
spontaneity

## PHYSICAL WELL-BEING

air  
food  
movement/exercise  
nurturing  
rest/sleep  
safety/ security  
sexual expression  
shelter  
silence  
touch  
water

## PLAY

joy  
humour

## HONESTY

authenticity  
integrity  
presence  
trust  
truth

CELEBRATION OF LIFE  
CELEBRATION OF NATURE

