

# List of Needs

From Marshall B. Rosenberg

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