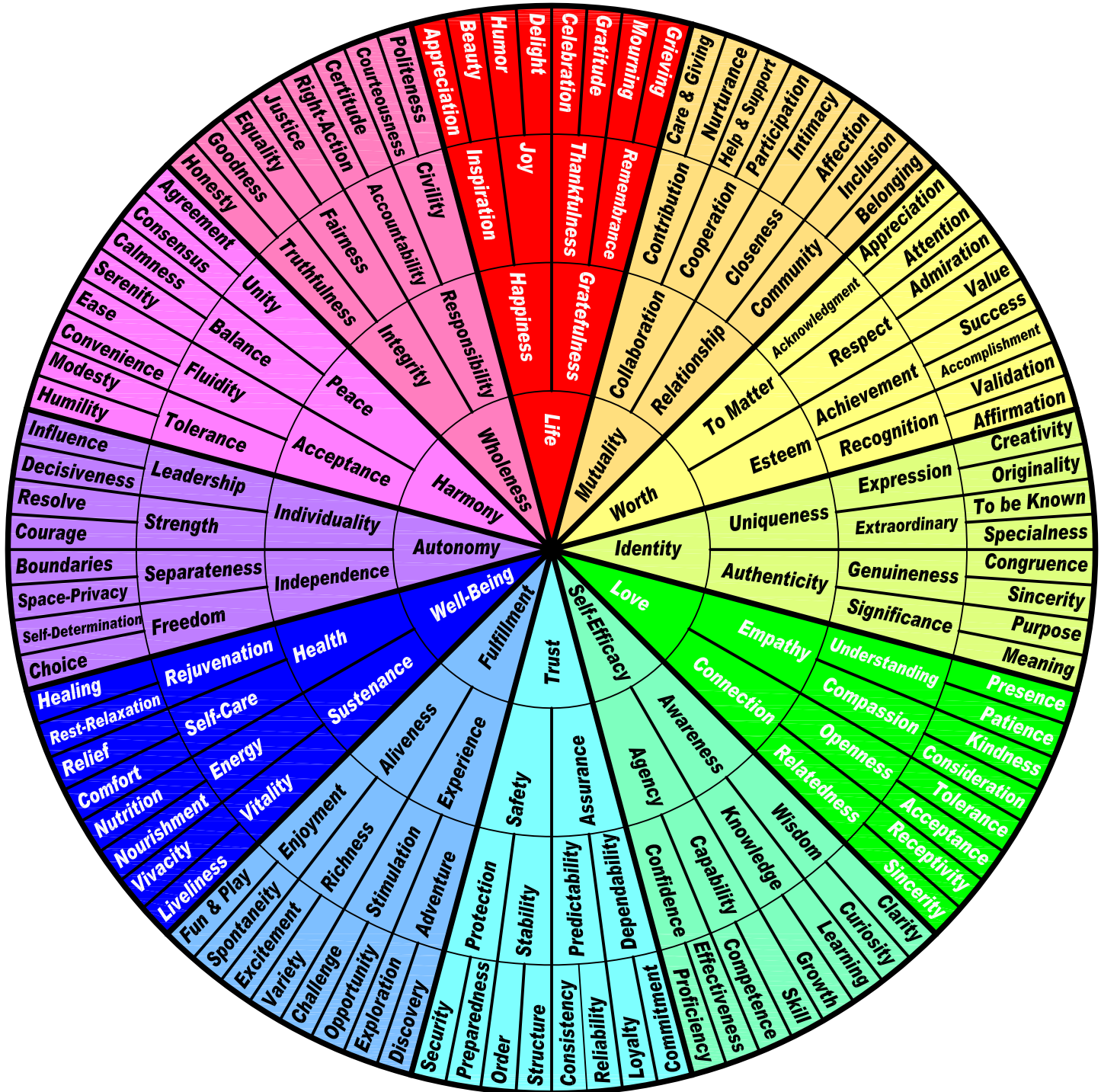


# Needs Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication.  
Graphics and organization of Feelings and Needs Wheels by Bret Stein. [artisantrf@hotmail.com](mailto:artisantrf@hotmail.com) Revised 1/1/11

Needs are internal values which are important to everyone. Words mistaken for Needs, but that are actually strategies to meet Needs are any external behaviors, such as anything that follows "I need you to ...":

Comply Apologize Validate me Conform Respect me Obey Give me

Other words that are strategies to meet Needs:

Money Food Time together Touch Work Chocolate Sex

# Needs and Values

## Things We All Want in Our Lives

### **AUTONOMY**

choice  
dignity  
freedom  
independence  
self-expression  
space  
spontaneity

### **CONNECTION**

acceptance  
affection  
appreciation  
authenticity  
belonging  
care  
closeness  
communication  
communion  
community  
companionship  
compassion  
consideration  
empathy  
friendship  
inclusion  
inspiration  
integrity  
intimacy  
love  
mutuality  
nurturing  
partnership  
presence  
respect/self-respect  
security  
self-acceptance  
self-care

### **CONNECTION**(continued)

self-connection  
self-expression  
shared reality  
stability  
support  
to know and be known  
to see and be seen  
trust  
understanding  
warmth

### **MEANING**

awareness  
celebration  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficiency  
effectiveness  
growth  
integration  
integrity  
learning  
mourning  
movement  
participation  
perspective  
presence  
progress  
purpose  
self-expression  
stimulation  
understanding

### **PEACE**

acceptance  
balance  
beauty  
communion  
ease  
equanimity  
faith  
harmony  
hope  
order  
peace-of-mind  
space

### **PHYSICAL WELL-BEING**

air  
care  
comfort  
food  
movement/exercise  
rest/sleep  
safety (physical)  
self-care  
sexual expression  
shelter  
touch  
water

### **PLAY**

adventure  
excitement  
fun  
humor  
joy  
relaxation  
stimulation

To use this list to create more peace, harmony and understanding in your life, go to [www.theexercise.org](http://www.theexercise.org). You can also attend "First Mondays," a free intro and workshop on the skills of creating human connection. For more information go to [www.firstmondays.org](http://www.firstmondays.org), visit [www.nycnvc.org](http://www.nycnvc.org) or call 646.201.9226.

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Developed by Dr. Marshall Rosenberg



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