

Our Basic Needs

Acceptance	Autonomy	Connection	Interdependence
Being heard, understood, acknowledged, recognized and appreciated. The feeling of belonging.	Choice. Choosing dreams, goals and values. Having emotional space, boundaries, respect and privacy.	Having a sense of closeness with friends and/or family. Communication, empathy and fairness.	Feeling a sense of community closeness, inclusion, consideration and cooperation. Trust, loyalty and support.
Integrity	Nurturing	Survival	Aesthetics
Authenticity, honesty, respect and self-worth. A sense of purpose and meaning.	Affection, caring, comfort, love and reassurance.	Food, water, shelter, exercise, rest, emotional and physical safety and health. Financial security.	Beauty, inspiration, order, contentment and peace.
Self-Expression	Understanding	Play	Achievement
Contribution, work, creativity, mastery, professionalism and knowledge.	Clarity, comprehension, consciousness, reflection, synthesis.	Enjoyment, fun, celebration, passion, pleasure.	Performance, status, power, excellence, challenge and leadership.

Adapted by the Dispute Resolution Center of King County (www.kcdrc.org) and Marshall Rosenberg.

Nonviolent Communication: A Language of Compassion (PuddleDancer Press, 1999), ©CNVC, Please visit www.cnvc.org to learn more.

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