

VALUES/NEEDS INVENTORY

Universal qualities that sustain us as human beings

Marshall B. Rosenberg, PhD.

Autonomy

choice
freedom
independence
space
spontaneity

Connection

acceptance
affection
appreciation
belonging
closeness
communication
community
companionship
compassion
consideration
consistency
cooperation
dependability
empathy
inclusion
intimacy
love
mutuality
nurturing
reliability
respect / self respect
safety
security
stability
serving
support
to know and be known
to see and be seen
to be understood
trust / warmth
empathy
understanding

Honesty

authenticity
integrity
presence

Play

joy
humor
fun

Peace

beauty
communion
ease
equality
harmony
inspiration
order

Physical Well-Being

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

Meaning

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
inspiration
learning
mourning
participation
purpose
self-expression
stimulation
to matter