

## Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

### The 3 questions Halina suggests that you consider are:

1. how are your or your colleagues or your team's need being met? Maybe score on a scale of 1 -10.
2. what might you need to do that is different to make sure your needs are met?
3. Who might you ask to support you in making sure your needs are met?
4. What will getting your needs met mean for you?

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

<b>MEANING</b>			<b>PEACE</b>	<b>PHYSICAL WELLBEING</b>
awareness celebration of life challenge clarity competence consciousness contribution	creativity discovery efficacy effectiveness growth hope learning	mourning participation purpose self-expression stimulation to matter understanding	beauty communion ease equality harmony inspiration order	air food movement/exercise rest/sleep sexual expression safety shelter touch water

<b>HONESTY</b>	<b>PLAY</b>	<b>AUTONOMY</b>		<b>AND ?</b>
authenticity integrity presence	joy humour	choice freedom independence	space spontaneity	

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