

Compassionate Communication

needs we have as humans:

AUTONOMY

choice
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION & BELONGING

acceptance
affection
appreciation
closeness
communication
community
companionship
compassion
empathy
friendship
inclusion
inspiration
intimacy
love
nurturing
partnership
respect
security
self-expression
self-respect
stability
support
to know and be known
to see and be seen
trust
warmth

MEANING

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

PEACE

acceptance
balance
beauty
ease
harmony
hope
order
peace of mind
self-acceptance
space

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation

PHYSICAL WELL-BEING

air
care
comfort
food
hygiene
movement/exercise
rest/sleep
safety
shelter
touch
water

Adapted from Nonviolent Communication by Marshall B. Rosenberg, PhD (cnvc.org)