

Human Needs

In his book *Nonviolent Communication*, Marshall Rosenberg argues convincingly that humans are driven by getting their needs met. This is his list of universal human needs.

Autonomy

to choose dreams
goals and values and
to choose the plans
for fulfilling them

Integrity

authenticity creativity
meaning self-worth

Play

fun laughter

Physical Nurture

air food water movement
exercise rest sexual expression
shelter touch water
protection from life-threats like
bacteria viruses insects
and predators

Interdependence

acceptance appreciation
community closeness
consideration contribution
emotional-safety honesty
empathy love reassurance
respect support trust
understanding warmth

Celebration

of life of success
of losses (mourning)

Spiritual Nurture

beauty harmony
inspiration order
peace