

Vocabulary of Needs & Values

“The more directly we can connect our feelings to our own needs, the easier it is for others to respond to us compassionately.”

~ Marshall Rosenberg-NVC

As we expand our vocabulary of words that describe our needs, we have more depth in how we understand and express what we value most in life. Life becomes enriched and more meaningful as we are able to connect our feelings with our underlying needs and values.

Love Affection Warmth Tenderness Touch Friendship	Peace Harmony Calm Serenity Ease Cooperation	Physical health Food/Water Sleep/Rest Shelter/Housing Exercise Sexual Expression	Meaning To matter Purpose Participation Involvement
Independence Space Autonomy Privacy Solitude	Contribution To: Give Serve Volunteer Sacrifice	Connection Closeness Companionship Intimacy Communication Shared Reality	Mourning To: Grieve Mourn Lament Heal
Clarity Order Structure Organization To sort/plan To simplify	Learning Growth Challenge Education Completion of goal Maturity	Creativity Inspiration Expression Discovery Ingenuity	Safety Security Stability Protection Dependability
Empathy Kindness Compassion Understanding Consideration Appreciation	Support Help Presence Care Comfort Nurturing	Fun Play Enjoyment Humor Avocation	Celebration Entertainment Amusement
Trust Loyalty Belief Commitment	Honesty Integrity Truthfulness Confidence	Satisfaction Contentment Balance	Awareness Consciousness Focused Attention Stimulation
Respect Self-respect Honor Recognition	Centering Balance Intention Meditation	Forgiveness To Forgive To Be Forgiven Mercy	Belonging Inclusion Relationship Sharing

To Be Known To Know To Be Heard To Speak	Acceptance To Be Valued To Be Seen Approval	Gratitude Thankfulness Appreciation	Freedom Spontaneity Choice Options Variety
Authenticity To Be Genuine Reality	Energy Aliveness Action Motivation Strength	Encouragement Reassurance Recognition Affirmation Acknowledgement	Grace Assurance
Justice Equality Fairness Equity	Power Empowerment Control	Emotional Health Mental well-being	Reflection Contemplation Introspection
Predictability Consistency Reliability Normalcy	Beauty Creation	Boldness Self-confidence Competence Self-sufficiency	Guidance Advice Direction Obedience
Efficiency Effectiveness Efficacy To Be Productive	Excitement Adventure Exploration Discovery	Financial stability Meaningful work Accomplishment Productiveness Progress	Optimism Cheerfulness Positivism
To Worship Ritual Spirituality	Hope Faith Spiritual Filling Humility	Prayers God	Community Group support Fellowship
Relaxation Down time Relief Patience	Movement Activity Doing	Self-Awareness Mindfulness Being present Focusing	Add your own: