



Lighting up Human Dignity

DC Peace Team - Nonviolent Communication Human Needs Chart

<p>consideration acknowledgement honoring respect</p> <p>compassion empathy grace forgiveness kindness</p> <p>growth learning discovery new experiences challenges stimulation</p> <p>leisure relaxation</p> <p>self-love self-care self-confidence self-connection self-expression self-forgiveness self-nurturing self-worth</p>	<p>autonomy choice freedom independence power with one's world</p> <p>consistency dependability predictability stability reliability</p> <p>competence accomplishment efficacy</p> <p>harmony ease cooperation</p> <p>order peace beauty comfort grounding structure</p> <p>support encouragement help nurturing reassurance understanding</p>	<p>belonging acceptance participation inclusion</p> <p>contribution meaning purpose to help others to enrich life to matter to serve life to use one's gifts</p> <p>clarity communication comprehension discernment information shared reality to make sense of one's world</p> <p>inspiration heroes hope ideals</p> <p>transcendence communion faith flow goodness unity</p>	<p>being seen appreciation being known recognition to be seen for one's intentions to be seen for one's striving innocence to have one's story told</p> <p>expression creativity individuality differentiation</p> <p>integrity authenticity dignity honesty honor trust</p> <p>physical clean air & water health movement nutrition rest & sleep sexual expression shelter sustenance touch</p>	<p>celebration mourning</p> <p>community companionship friendship interdependence to share joys and sorrows</p> <p>fairness awareness equality justice mutuality</p> <p>intimacy affection bonding closeness love presence tenderness warmth</p> <p>play fun spontaneity joy humor laughter aliveness</p> <p>safety boundaries emotional safety privacy security</p>
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Faux Needs (Strategies in Disguise)

approval...a strategy for appreciation, recognition, belonging, to matter, to be valued

control... a strategy trying to meet needs for safety, security, predictability, power in one's world

money...a strategy for sustenance, security, freedom, choices, efficiency

space...a strategy trying to meet needs for self-connection, autonomy, individuality, choices

venting...a (costly) strategy for empathy, connection, to be heard, understanding