

Enclosure No. 1 to “No Lose conflict solving” tool

LIST OF NEEDS OF NVC /Non-Violent Communication/
2005 by Center for Nonviolent Communication

CONNECTION	CONNECTION continued	HONESTY	MEANING
acceptance	safety	authenticity	awareness
affection	security	integrity	celebration of life
appreciation	stability	presence	challenge
belonging	support	PLAY	clarity
cooperation	to know and be known	joy	competence
communication	to see and be seen	humour	consciousness
closeness	to understand and	PEACE	contribution
community	be understood	beauty	creativity
companionship	trust	communion	discovery
compassion	warmth	ease	efficacy
consideration	PHYSICAL WELL-BEING	equality	effectiveness
consistency	air	harmony	growth
empathy	food	inspiration	hope
inclusion	movement/exercise	order	learning
intimacy	rest/sleep	AUTONOMY	mourning
love	sexual expression	choice	participation
mutuality	safety	freedom	purpose
nurturing	shelter	independence	self-expression
respect/self-respect	touch	space	stimulation
	water	spontaneity	to matter
			understanding

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This tool can be found on the project website: crocoos.tka.hu

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