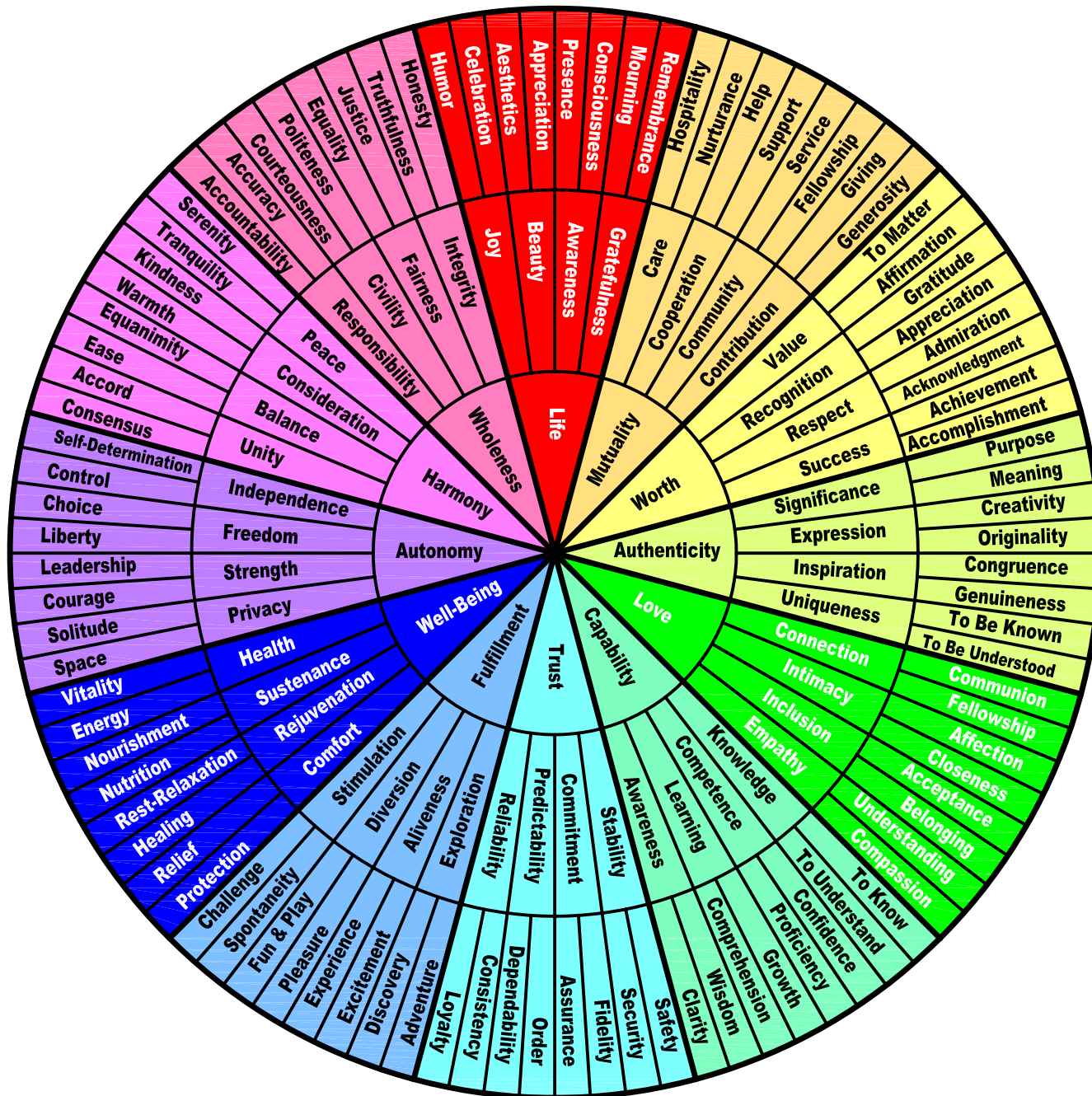


Needs Wheel



Objects and behaviors (external) that are often confused as needs, which are actually strategies to meet needs (internal):

(with some possible needs listed in parenthesis)

Money (autonomy, sustenance, support)
Sex (intimacy, expression, play)
Touch (intimacy, affection, companionship)
Conversation (expression, understanding, connection)
Time Together (connection, fellowship, closeness)
Food (energy, comfort, relief, nourishment)
Exercise (health, recreation, play, stimulation)
Work (purpose, meaning, sustenance)
Car (mobility, autonomy, convenience)
House (protection, comfort, shelter)
Chocolate (chocolate is, in fact, a need ;)

Needs that contribute to our physical well-being:

(with some possible strategies listed in parenthesis)

Energy (food, stored calories, oxygen)
Nourishment (vitamins, minerals, nutrition, water)
Vitality (exercise, nutrition)
Rejuvenation (sleep, rest)

Any word that follows “*I need you to ...*” is a strategy to meet a need, and is being stated as a demand:

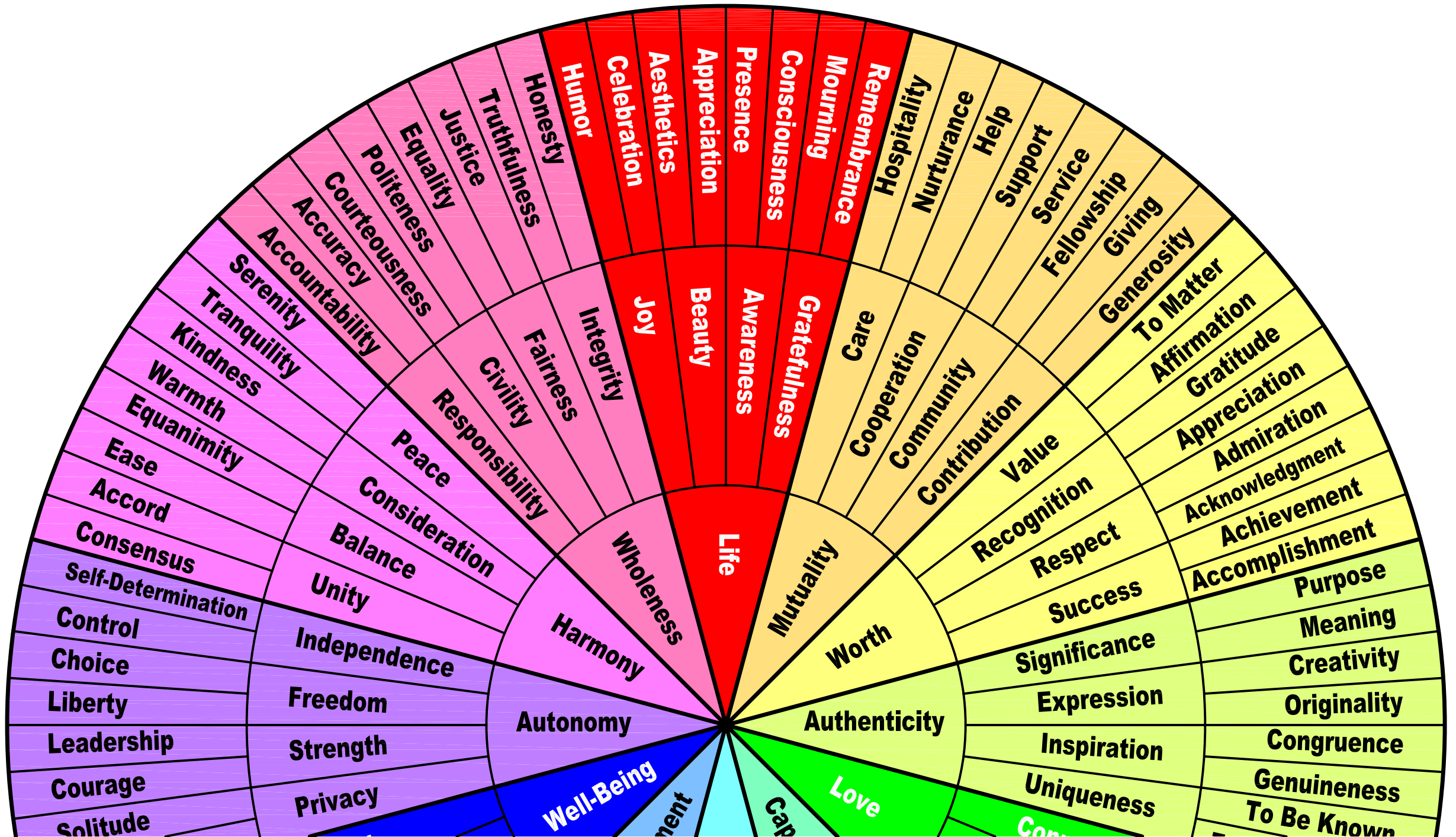
Obey
Comply
Conform
Relent
Respect
Validate
Give
Be Responsible
Listen
Love
Accept
Listen

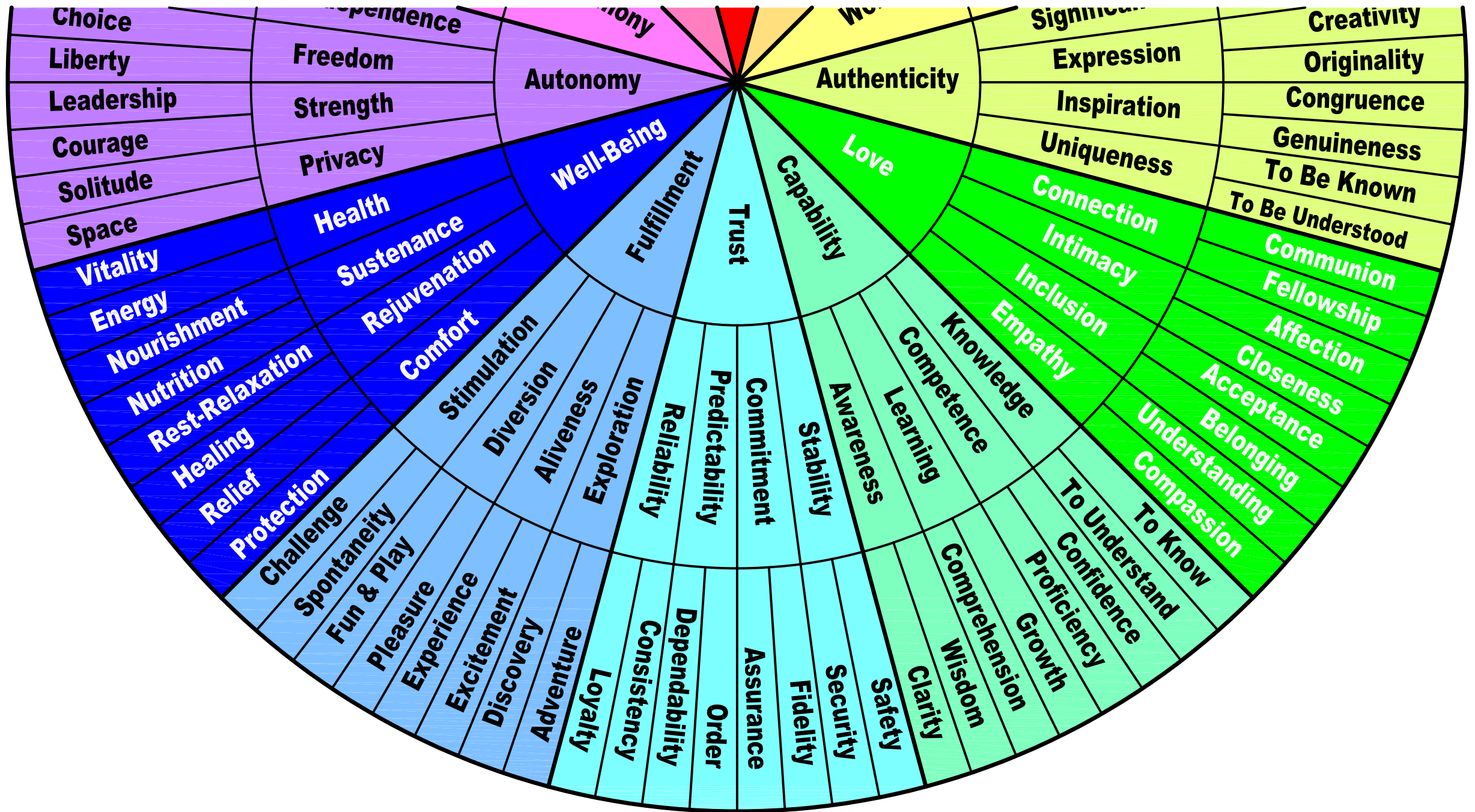
Words that imply intent and assume facts not in evidence (feelings & needs):

(Use a request to check out what another person’s intent may be)

Lie
Cheat
Manipulate
Steal
Attack
Ignore
Abandon
Misbehave
Disobey

Needs Wheel





Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication. Graphics and organization of feelings, needs, and communications wheels by Bret Stein. Submit suggested changes and recommendations to artisantf@hotmail.com Revised 1/1/09