

NON-VIOLENT COMMUNICATION'S NEEDS INVENTORY

(SELF) EXPRESSION	CONSISTENCY	MOURNING
(SELF) RESPECT	CONTRIBUTION	MUTUALITY
ACCEPTANCE	COOPERATION	NURTURING
AFFECTION	CREATIVITY	ORDER
AIR/FOOD/WATER	DISCOVERY	PARTICIPATION
APPRECIATION	EASE	PRESENCE
AUTHENTICITY	EFFECTIVENESS	PURPOSE
AWARENESS	EFFICACY	RECOGNITION
BEAUTY	EMPATHY	REST/ SLEEP
BELONGING	EXERCISE	SAFETY
CELEBRATION OF LIFE	EXPRESSION	SECURITY
CHALLENGE	FREEDOM	SHELTER
CHOICE	GROWTH	SPACE
CLARITY	HARMONY	SPONTANEITY
CLOSENESS	HOPE	STABILITY
COMMUNICATION	HUMOUR	STIMULATION
COMMUNIION	INCLUSION	SUPPORT
COMMUNITY	INDEPENDENCE	TO MATTER
COMPANIONSHIP	INSPRIATION	TOUCH
COMPASSION	INTIMACY	TRUST
COMPETENCE	JOY	UNDERSTANDING
CONSCIOUSNESS	LEARNING	WARMTH
CONSIDERATION	LOVE	

PRE-ELICITATION	SCORES	MY NEEDS INVENTORY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Instructions

1. Get into pairs.
2. On your own, circle 10 to 15 needs you believe need to be met for you to lead a fulfilling life. (Disregard values like food, water, and shelter as these were originally added because this exercise is often used in war-torn countries where these needs aren't always being met.) You don't want to think too much before circling so give yourself a maximum of three minutes.
3. List your top 10 in the PRE-ELICITATION column. Again, don't think too much here. Quickly list the top ten values that resonate the most with you.
4. Give your worksheet to your partner. Your partner will *quickly* read pairs out loud and you will have to choose which need is more important. For example, if your list started with 1. Contribution; 2. Purpose; 3. Learning; 4. Love; and 5. Cooperation, your partner says "contribution purpose" and you would choose if contribution is more important than purpose. If purpose is more important you will put a tick in the SCORES column in the purpose row. Next, your partner would say, "Contribution learning" and if contribution is more important than learning you would put a tick in the SCORES column in the contribution row. You would compare the value in the first row against each other value in the next nine rows.
5. Once the value in the first row has been compared to all other values, you move on to the value in the second row. Using the above example, your partner would say, "purpose contribution" "purpose learning" "purpose love" "purpose cooperation" . After each pair is said aloud, you need to say what is more important to you and put a tick in the corresponding row.
6. You do this with your partner until you reach the end of the 10 values.
7. Your partner will tally the scores.
8. Write out, in descending order, your needs inventory.

This list of 10 needs will help you understand what is important to you and what kind of Significant Other would best match you.

To learn about non-violent communication and Marshall B. Rosenberg, Phd., please visit <https://www.cnvc.org>.