



Communication Breakdown

Describe a recent conflict or argument: \_\_\_\_\_

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Observations: \_\_\_\_\_

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\_\_\_\_\_

Feelings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Needs: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Request(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## BASIC NEEDS LIST

<b>Connection:</b>	warmth	challenge
acceptance	<b>Physical Well-Being:</b>	clarity
affection	air	competence
appreciation	food	consciousness
belonging	movement/exercise	contribution
cooperation	rest/sleep	creativity
communication	sexual expression	discovery
closeness	safety	efficacy
community	shelter	effectiveness
companionship	touch	growth
compassion	water	hope
consideration	<b>Honesty:</b>	learning
consistency	authenticity	mourning
empathy	integrity	participation
inclusion	presence	purpose
intimacy	<b>Play:</b>	self-expression
love	joy	stimulation
mutuality	humor	to matter
nurturing	<b>Peace:</b>	understanding
respect/self-respect	beauty	<b>Autonomy:</b>
safety	communion	choice
security	ease	freedom
stability	equality	independence
support	harmony	space
to know and be known	inspiration	spontaneity
to see and be seen	order	
to understand and	<b>Meaning:</b>	
be understood	awareness	
trust	celebration of life	

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Communication  
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