

Genuine Needs

(Condensed list based on Rosenberg, 2004)



Characteristics of Needs

Time- and context-independent:

Genuine needs are stable and do not depend on specific situations, people, or moments. They accompany us across all roles and contexts.

Universally understandable:

They are relatable and recognisable for everyone, reflecting shared human motivations.

Clearly expressible:

With practice, needs can be articulated clearly in the form of "I need..." or "It is important to me..."

Foundation of emotions:

The fulfilment or non-fulfilment of needs is the source of our emotions.

- Acceptance
- Achievement
- Acknowledgement
- Action
- Aesthetics
- Affection
- Affirmation
- Appreciation
- Attention
- Authenticity
- Autonomy
- Balance
- Beauty
- Being seen
- Belonging
- Calmness
- Care
- Celebration
- Challenge
- Clarity
- Clarity of direction
- Closeness
- Comfort
- Commitment
- Communication
- Community
- Companionship
- Compassion
- Confidentiality
- Connectedness

- Conscience
- Consideration
- Consistency
- Contentment
- Cooperation
- Creation
- Creativity
- Depth
- Development
- Dignity
- Discipline
- Discretion
- Durability
- Effectiveness
- Empathy
- Exchange
- Expression
- Fellowship
- Fitness
- Food
- Freedom
- Friendship
- Fun
- Gratitude
- Growth
- Guidance
- Happiness
- Harmony
- Health
- Helpfulness

- Hope
- Humanity
- Humour
- Implementation
- Independence
- Individuality
- Initiative
- Inspiration
- Integrity
- Intimacy
- Involvement
- Joy
- Justice
- Knowledge
- Listening
- Loyalty
- Love
- Meaning
- Mindfulness
- Movement
- Open-mindedness
- Orderliness
- Participation
- Peace
- Predictability
- Privacy
- Productivity
- Progress
- Protection
- Receptiveness

- Recognition
- Relaxation
- Respect
- Responsibility
- Rhythm
- Safety
- Satisfaction
- Security
- Self-determination
- Sensitivity
- Serenity
- Sexuality
- Silence
- Sincerity
- Solitude
- Spirituality
- Stability
- Steadiness
- Structure
- Supportiveness
- Tenderness
- Thoughtfulness
- Togetherness
- Tolerance
- Touch
- Trust
- Understanding
- Vitality
- Warmth
- Wholeness