

Naming Needs List

Conflict, whether within yourself, or in relationship with someone else, typically involves an unmet need in one of these six areas:

Connection, Freedom, Harmony, Joy, Meaning, and Well-Being
The following list details additional needs that fall within these six areas:

Connection

acceptance
acknowledgment
affection
appreciation
authenticity
belonging
care
closeness
communication
communion
community
companionship
compassion
consideration
empathy
friendship
inclusion
inspiration
integrity
intimacy
love
mutuality
nurturing
partnership
presence
respect
self-respect
security
self-acceptance
self-care
self-connection
self-expression
shared reality
stability
support
to know and be known
to see and be seen
trust
understanding
warmth

Freedom

autonomy
choice
discretion
dignity
flexibility
independence
latitude
liberty
opportunity
self-expression
space
spontaneity

Harmony

acceptance
balance
beauty
communion
ease
equanimity
faith
hope
oneness
order
peace-of-mind
unity

Joy

adventure
bliss
delight
excitement
fun
humor
joy
laughter
merriment
play
relaxation
stimulation

Meaning

awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficiency
effectiveness
growth
integration
integrity
learning
mourning
movement
participation
perspective
presence
progress
purpose

Well-Being

air
comfort
energy
fitness
food
health
mobility
movement
rest
sleep
safety
security
self-care
sexual expression
shelter
stability
touch
water

Clarity, compassion, and curiosity create connection,
as you acknowledge, recognize and understand the shared common humanity.

When you apply clarity, compassion, and curiosity to noticing needs,
it deepens your understanding of yourself and the people around you.

You may begin by asking or wondering....

What do I need?

I wonder if I need _____

What does this he/she/they need?

I wonder if he/she/they need(s) _____

Remember, you may have different ideas about what it looks like to meet a need.

People hold varying views about what respect, appreciation, safety, etc. look like.

Later in Creating Connective Communications, you learn about Opening Options,
which allows you to explore ideas, possibilities and wishes.

You may find additional complimentary resources at:

<https://brucknermediation.com/peacebuilding-tools/>

*To schedule Sherry to speak with your business, group, or organization,
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Learn more at [BrucknerMediation.Com](https://brucknermediation.com)

Be gentle with you.

Be gentle with all.

Be the peace.



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Transforming conflict with clarity, compassion, and curiosity.