

FREE WORKSHEET • REFERENCE + PRACTICE

Needs Inventory

Every feeling points to a universal human need — met or unmet. Needs are never about one specific person doing one specific thing; that's a strategy. When you feel stuck or reactive, scan this list and ask: what need of mine is alive right now?

Connection

acceptance	community	love	trust
affection	companionship	respect	warmth
appreciation	consideration	support	
belonging	empathy	to be heard	
closeness	intimacy	to be known	

Autonomy & Meaning

choice	spontaneity	contribution	learning
freedom	challenge	creativity	purpose
independence	clarity	growth	self-expression
space	competence	hope	to matter

Peace & Play

beauty	humor	rest	stimulation
ease	joy	safety	fun
harmony	order	stability	celebration of life

Physical Well-Being

air	movement	safety	touch
food	rest / sleep	shelter	water

Practice

A situation where I feel stuck or keep reacting:

The needs of mine that are alive in it (circle words above, list here):

One guess at the other person's needs in the same situation:

Conflict is two sets of unmet needs colliding. Naming theirs is the start of empathy.
