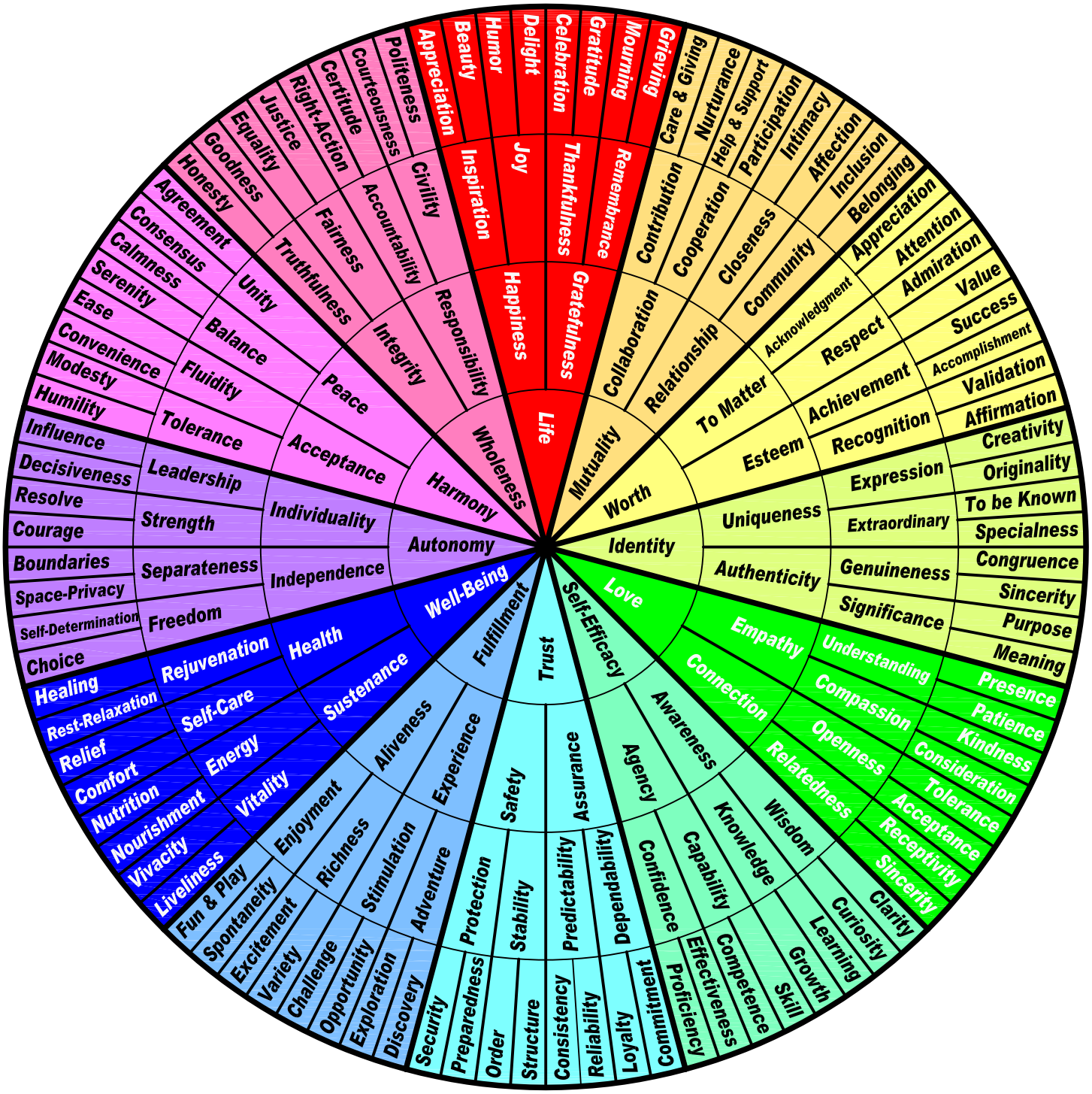
Needs Wheel



Based on Nonviolent Communication by Marshall Rosenberg, Ph.D. May be duplicated for personal use and for teaching Nonviolent Communication.
Graphics and organization of Feelings and Needs Wheels by Bret Stein. artisantf@hotmail.com Revised 1/1/11

Needs are internal values which are important to everyone. Words mistaken for Needs, but that are actually strategies to meet Needs are any external behaviors, such as anything that follows "I need you to ... ":

Comply Apologize Validate me Conform Respect me Obey Give me

Other words that are strategies to meet Needs:

Money Food Time together Touch Work Chocolate Sex