**Human Needs and Group Agreements**

**MMTCP-AA MNVC Sangha 6-27-2025**

In our June meeting, we reviewed the East Bay Meditation Center's (EBMC) Agreements for Multicultural Interactions together. As part of our discussion, Allison presented Bay NVC's list of universal human needs and invited us to consider which of these needs might be met when a group honors group agreements such as those developed by EBMC. After a few minutes reflection, each group member offered the needs that resonated for them. And we created this collaborative list together!

* safety
* attention
* closeness
* harmony
* acceptance
* care
* equality
* inclusion
* choice
* integrity
* presence
* compassion
* kindness
* empathy
* respect
* to be seen/heard
* confidence
* dignity
* growth
* awareness
* clarity
* trust
* structure
* consideration
* learning
* hope
* mutual recognition
* cooperation
* participation
* self-connection
* self-knowledge
* healing
* power
* space
* sharing
* authenticity
* belonging
* stability
* discovery
* exploration
* purpose