

NEEDS AND VALUES

Autonomy:

- ◇ Choice
- ◇ Freedom
- ◇ Independence
- ◇ Power, Agency
- ◇ Self-responsibility

Integrity:

- ◇ Authenticity
- ◇ Individuality
- ◇ Wholeness
- ◇ Healing
- ◇ Purpose/Meaning
- ◇ Wholeness

Appreciation:

- ◇ Acknowledgment
- ◇ Acceptance
- ◇ Self-Acceptance
- ◇ Consideration
- ◇ To matter to self
- ◇ To be seen, heard
- ◇ To be known

Self-Expression:

- ◇ Creativity
- ◇ Growth
- ◇ Purpose
- ◇ Passion
- ◇ Work
- ◇ Spontaneity

Interdependence:

- ◇ Contribution
- ◇ Community
- ◇ Consideration
- ◇ Cooperation
- ◇ Friendship
- ◇ Harmony
- ◇ Peace
- ◇ Ease
- ◇ Mutuality
- ◇ The well-being of those we love

- ◇ Preservation of life
- ◇ Respect,
- ◇ Seeing others as whole
- ◇ Support, Help
- ◇ Trust
- ◇ Honesty

Nurturing, Nourishment:

- ◇ Affection
- ◇ Resonance
- ◇ Care, Self-Care
- ◇ Comfort
- ◇ Empathy
- ◇ Kindness
- ◇ Tenderness
- ◇ To be loved
- ◇ To be welcome
- ◇ Warmth

Survival (streams of nourishment):

- ◇ Abundance
- ◇ Air, Water, Food, Shelter
- ◇ Touch
- ◇ Movement
- ◇ Health
- ◇ Well-Being
- ◇ Rest, Sleep
- ◇ Safety
- ◇ Sex
- ◇ Sustainability

Celebration:

- ◇ Aliveness
- ◇ Delight
- ◇ Death, Mourning
- ◇ Fun, Play
- ◇ Humor
- ◇ Joy
- ◇ Passion
- ◇ Flow

Connection:

- ◇ Belonging

- ◇ Inclusion
- ◇ Communication
- ◇ Love
- ◇ Intimacy
- ◇ Closeness
- ◇ Friendship
- ◇ Companionship
- ◇ Participation
- ◇ Partnership
- ◇ Relationship
- ◇ Mutuality
- ◇ Dependability
- ◇ Shared values
- ◇ Shared history
- ◇ Shared reality

Security

- ◇ Consistency
- ◇ Reliability
- ◇ Stability
- ◇ Order
- ◇ Structure
- ◇ Predictability
- ◇ Protection
- ◇ Trust
- ◇ Dignity

Mental:

- ◇ Understanding
- ◇ Clarity
- ◇ Information
- ◇ Learning
- ◇ Stimulation

Spiritual:

- ◇ Beauty
- ◇ Connection with life
- ◇ Faith
- ◇ Hope
- ◇ Harmony
- ◇ Inspiration
- ◇ Tranquility
- ◇ Serenity,
- ◇ Presence