

## CONNECTION

Acceptance  
Affection  
Appreciation  
Belonging  
Cooperation  
Communication  
Closeness  
Community  
Companionship  
Compassion  
Consideration  
Consistency  
Empathy  
Inclusion  
Intimacy  
Love  
Mutuality  
Nurturing  
Respect  
Self-respect  
Safety  
Security  
Stability  
Support  
To know and be known  
To see and be seen  
To understand & be understood  
Trust  
Warmth

## HONESTY

Authenticity  
Integrity  
Presence

## PLAY

Joy  
Humor

## PEACE

Beauty  
Communion  
Ease  
Equality  
Harmony  
Inspiration  
Order

## PHYSICAL WELL BEING

Air  
Food  
Movement/exercise  
Rest/Sleep  
Sexual Expression  
Safety  
Shelter  
Touch  
Water

## MEANING

Awareness  
Celebration of life  
Challenge  
Clarity  
Competence  
Consciousness  
Contribution  
Creativity  
Discovery  
Efficacy  
Effectiveness  
Growth  
Hope  
Learning  
Mourning  
Participation  
Purpose  
Self-expression  
Stimulation  
To Matter  
Understanding

## AUTONOMY

Choice  
Freedom  
Independence  
Space  
Spontaneity