

Needs and Values

Things We All Want in Our Lives

AUTONOMY

choice
dignity
freedom
independence
self-expression
space
spontaneity

CONNECTION

acceptance
affection
appreciation
authenticity
belonging
care
closeness
communication
communion
community
companionship
compassion
consideration
empathy
friendship
inclusion
inspiration
integrity
intimacy
love
mutuality
nurturing
partnership
presence
respect/self-respect
security
self-acceptance
self-care

CONNECTION(continued)

self-connection
self-expression
shared reality
stability
support
to know and be known
to see and be seen
trust
understanding
warmth

MEANING

awareness
celebration
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficiency
effectiveness
growth
integration
integrity
learning
mourning
movement
participation
perspective
presence
progress
purpose
self-expression
stimulation
understanding

PEACE

acceptance
balance
beauty
communion
ease
equanimity
faith
harmony
hope
order
peace-of-mind
space

PHYSICAL WELL-BEING

air
care
comfort
food
movement/exercise
rest/sleep
safety (physical)
self-care
sexual expression
shelter
touch
water

PLAY

adventure
excitement
fun
humor
joy
relaxation
stimulation

To use this list to create more peace, harmony and understanding in your life, go to www.theexercise.org. You can also attend "First Mondays," a free intro and workshop on the skills of creating human connection. For more information go to www.firstmondays.org, visit www.nycnvc.org or call 646.201.9226.