

NEEDS / VALUES

PHYSICAL SURVIVAL air / food / water shelter safety / security rest / relaxation consistency / predictability health touch	NURTURANCE bonding caring comfort tenderness warmth	MENTAL stimulation / challenge clarity / to understand comprehension information awareness reflection differentiation (to distinguish)
AUTONOMY to choose one's goals, values, and ways to realize them independence choice individuality self-empowerment solitude freedom (emotional, spiritual, and physical)	INTEGRITY to live one's values self-worth authenticity (to be true to oneself) respect self-respect purpose / meaning vision / dreams honesty effectiveness	INTERDEPENDENCE to receive & to extend to others acceptance acknowledgement appreciation closeness collaboration community / belonging compassion connection consideration contribution to the enrichment of life (to exercise power by giving that which contributes to life) empathy (emotional understanding) honesty (the empowering honesty that allows us to learn from our limitations) inclusion intimacy love recognition respect support trust (shared) understanding warmth
SELF-EXPRESSION creativity growth healing learning / mastery meaning teaching to create / generate	CELEBRATION OF LIFE to celebrate the creation of life and dreams fulfilled aliveness delight excitement humour intensity passion play pleasure stimulation to celebrate losses mourning loved ones grieving visions & dreams unfulfilled mourning our limitations	
SPIRITUAL ENERGY beauty harmony / peace order grace inspiration being / beingness equality mutuality ease / flow		