

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
community
companionship
compassion
consideration
empathy
inclusion
intimacy
love
mutuality
nurturing
predictability
respect/self-respect
safety
security
support
to see and be seen
trust
warmth

HONESTY

authenticity
integrity
presence

PLAY

joy
humor
spontaneity

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

PHYSICAL WELL-BEING

air
food/water
movement/exercise
rest/sleep
safety
shelter

touch

MEANING

awareness
celebration of life
clarity
competence
consciousness
contribution
creativity
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

AUTONOMY

choice
freedom
space