

# NEEDS LIST

<u>Connection</u> Acceptance Acknowledgement Assurance Belonging Caring Clarity Communion Community Companionship Compassion Connection to Country Consideration Empathy Honesty Inclusion Initiative Integration Interdependence Kindness Love Mutuality Nurturing Openness Presence	Respect Self Respect Shared Vision Support to be heard To Matter Warmth <u>Expression</u> Appreciation Authenticity Autonomy Awareness Caring Celebration Celebration of Life Challenge Choice Contribution Creativity Dealing with Sorry Business Direction Forward Diversity Engagement with Life	Freedom Fun / Joy Hope Harmony Humour Inspiration Intimacy Integrity Meaning/Purpose Mourning Passion Peace of mind Play Power in my World Sexual Expression Simplicity Spaciousness Spiritual Expression Stability stimulation to be Understood To Enrich Life Trust Understanding to See and be Seen	<u>Well being</u> Air Balance Beauty Congruence Ease / Flow Food Growth Health, Wellness Learning Movement Nourishment Order Peace Physical safety Physical Well Being Protection Rest / sleep Safety Security Shelter Sustenance Touch Water	<u>COLLOQUIAL</u> <u>EXPRESSIONS</u> <u>FOR NEEDS :-</u> I love... , I thrive on ... , I would be nourished by ... , It's important to me to have ... , I value ... ,I long for ... , I want ... ... is fun for me, ... matters to me, ... makes my life feel worthwhile, ... helps me feel well / good / happy / whole.  OTHER WORDS FOR NEEDS - Hopes , values , wishes , desires , dreams , yearnings , resources , would have liked , things I find important , Life- enhancing qualities  <small>printed on recycled paper whenever possible</small>
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