

# 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](http://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](http://www.firstmondays.org), visit [www.nycnvc.org](http://www.nycnvc.org) or call 646.201.9226.