

Acceptance	Acknowledgement
Affection	Authenticity
Autonomy	Beauty
Belonging	Care
Celebration	Choice
Clarity	Collaboration
Comfort	Companionship
Compassion	Community

Competence	Consistency
Connection	Contribution
Creativity	Discovery
Ease	Efficiency
Empathy	Expression
Fairness	Family
Focus	Freedom
Friendship	Growth

Groundedness	Harmony
Honesty	Honour
Hope	Humour
Inclusion	Independence
Information	Integrity
Intimacy	Learning
Love	Mourning
Mutuality	Order

Partnership	Peace
Play	Predictability
Purpose	Reassurance
Respect	Security
See/be Seen	Hear/be Heard
Sexuality	Spirituality
Stability	Spontaneity
Structure	Support

Trust	Understanding
Vitality	Warmth
Wholeness	Healing
Stimulation	Joy
Interdependence	Equality
Emotional Safety	Power in your world
Safety	Rest/Sleep
Balance	Awareness

Touch	Space
Meaning	Consideration
Nourishment	Nurturing
Air/water	Shelter
To Matter	Power with
Appreciation	Shared Reality
Co-operation	Light
Tolerance	Wellbeing