

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

Rest/Sleep

Shelter

Touch

Water

Appreciation

Closeness

Air

Food

Movement

Safety



Attention

Nurturing

Simplicity

Consideration

Exploration

Kindness

Cooperation

Adventure

Equality

Self-care

Self-awareness

Self-connection

Variety

Stimulation

Challenge

Interdependence

Effectiveness

Transparency

Flow

Inspiration

Joy

Protection

Tenderness

Power

Progress

Capacity

Presence

Leisure/Relaxation

To matter

Meaning