

GUESS 1-2 NEEDS:

- "Sounds like you'd like ...?"
- "I'm sensing you want (more) ...?"
- "Are you wanting (to feel) ...?"
- "You're wanting ..."(?)
- "You'd like..." (?)

Anything anyone ever says, does, or thinks is seeking to meet needs

To find the needs inside "negative" or critical thoughts or statements:

- 1) What's the "opposite" of that -> feeling happy?
- 2) What needs would be met by that?

Objective: To create a quality of connection in which everyone's needs are equally valued and are met through natural giving.

NEEDS / VALUES - Listening for What is Important to Me and Others

<p style="text-align: center;">PHYSICAL SURVIVAL</p> <hr style="width: 80%; margin: auto;"/> <p>air / food / water shelter safety / security rest / relaxation consistency / predictability health touch</p>	<p style="text-align: center;">NURTURANCE</p> <hr style="width: 80%; margin: auto;"/> <p>bonding caring comfort tenderness warmth</p>	<p style="text-align: center;">MENTAL</p> <hr style="width: 80%; margin: auto;"/> <p>stimulation / challenge clarity / to understand comprehension information awareness reflection differentiation (to distinguish)</p>
<p style="text-align: center;">AUTONOMY</p> <hr style="width: 80%; margin: auto;"/> <p>to choose one's goals, values, and ways to realize them</p> <p>independence choice individuality self-empowerment solitude freedom (emotional, spiritual, and physical)</p>	<p style="text-align: center;">INTEGRITY</p> <hr style="width: 80%; margin: auto;"/> <p>to live one's values</p> <p>self-worth authenticity (to be true to oneself) respect self-respect purpose / meaning vision / dreams honesty effectiveness</p>	<p style="text-align: center;">INTERDEPENDENCE</p> <hr style="width: 80%; margin: auto;"/> <p>to receive & to extend to others</p> <p>acceptance acknowledgement appreciation closeness collaboration community / belonging compassion connection consideration</p>
<p style="text-align: center;">SELF-EXPRESSION</p> <hr style="width: 80%; margin: auto;"/> <p>creativity growth healing learning / mastery meaning teaching to create / generate</p>	<p style="text-align: center;">CELEBRATION OF LIFE</p> <hr style="width: 80%; margin: auto;"/> <p>to celebrate the creation of life and dreams fulfilled</p> <p>aliveness delight excitement humour intensity</p>	<p>contribution to the enrichment of life (to exercise power by giving that which contributes to life) empathy (emotional understanding) honesty (the empowering honesty that allows us to learn from our limitations)</p>
<p style="text-align: center;">SPIRITUAL ENERGY</p> <hr style="width: 80%; margin: auto;"/> <p>beauty harmony / peace order grace inspiration being / beingness equality mutuality ease / flow</p>	<p>passion</p> <p>play pleasure stimulation</p> <p style="text-align: center;">to celebrate losses</p> <p>mourning loved ones grieving visions & dreams unfulfilled mourning our limitations</p>	<p>inclusion intimacy love recognition respect support trust (shared) understanding warmth</p>