

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: 0 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: 0 auto;"/> <p>bonding caring comfort tenderness warmth</p>	<p style="text-align: center;">MENTAL</p> <hr style="width: 80%; margin: 0 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: 0 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: 0 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: 0 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: 0 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: 0 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)</p> <p>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: 0 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>