

I need ...

Honesty

authenticity
expression
integrity
transparency
truth, realness

Connection

(self)care
belonging
intimacy
empathy
appreciation
acceptance
recognition
reassurance
affection
attention
openness
trust
communication
sharing, exchange
giving, receiving
tenderness
kindness
respect
see & be seen
hear & be heard
understanding
inclusion
participation
support
help
cooperation
collaboration
community
companionship
mutuality
consistency

Meaning

contribution
presence
(self)connection
hope
vision
dream
faith
trust
clarity
focus
learning
awareness
inspiration
creativity
challenge
stimulation
growth
evolution
exploration
strength
competence
to matter
purpose
liberation
interdependence
simplicity
celebration
mourning

Play

vitality
flow
passion
spontaneity
fun
humor, laugh
lightness
discovery
adventure
variety
refreshment

Physical well being

air
food
water
warmth
rest, sleep
movement
health
touch
sexual expression
shelter
safety
protection
comfort

Freedom

choice
autonomy
independence
space, time

Harmony

peace
beauty
calm
relaxation
ease
coherence
order
sustainability
stability
balance
communion
wholeness
completion
integration
predictability
familiarity
equality
fairness



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