

What Matters / Needs / Values

This list is not exhaustive or definitive. It is a helpful resource while identifying your own needs and guessing the needs of others. These words are the labels that accompany the experience of the need.

Needs are the felt organic core of our humanity: they are alive and dynamic. All human behaviour is an attempt to meet a need, however ineffective, tragic, violent or abhorrent it is to us.

Needs are **never** attached to specific strategies. Strategies can be easily differentiated from needs because they involve people, locations, actions, times or objects (PLATO).

| AUTONOMY | CONNECTION | PEACE |
|---|--|--|
| Choice Empowerment Fairness & Justice Freedom Independence Space Spontaneity | Acceptance Affection Appreciation Belonging Consideration Cooperation Communication Closeness Community Companionship Compassion Consideration Consistency Emotional safety Empathy To be heard Honouring agreements Inclusion Interdependence Intimacy Kindness Love Mutuality Recognition Respect Safety Sharing Stability Support Tenderness To know / be known To see / be seen To understand / be understood Transparency Trust | Balance Beauty Calm Communion Ease Equality Flow Harmony Inspiration Order Transcendence |
| HONESTY | | PHYSICAL WELL-BEING |
| Authenticity Clarity Integrity Presence Self-expression Self-connection | | Air Food Movement / exercise Pleasure Protection Rest / sleep Sexual expression Safety Shelter Solitude Touch Water |
| MEANING | | PLAY |
| Accomplishment Celebration of life Challenge Competence Contribution Creativity Discovery Efficacy Grieving Growth Hope Learning To matter Mourning Participation Purpose Self-expression | | Adventure Creativity Fun Humour Joy Laughter |