

CONNECTION	PHYSICAL WELL-BEING	AUTONOMY
acceptance	air	choice
affection	food	freedom
appreciation	movement/exercise	independence
belonging	rest/sleep	space
cooperation	sexual expression	spontaneity
communication	safety	
closeness	shelter	MEANING
community	touch	awareness
companionship	water	celebration of life
compassion		challenge
consideration	HONESTY	clarity
consistency	authenticity	competence
empathy	integrity	consciousness
inclusion	presence	contribution
intimacy		creativity
love	PLAY	discovery
mutuality	joy	efficacy
nurturing	humor	effectiveness
respect/self-respect		growth
safety	PEACE	hope
security	beauty	learning
stability	communion	mourning
support	ease	mourning
to know and be known	equality	purpose
to see and be seen	harmony	self-expression
to understand and	inspiration	stimulation
be understood	order	to matter
trust		understanding

warmth