

PHYSICAL WELL-BEING

air
food
water
light
shelter
security/protection
safety/emotional safety
comfort/warmth
movement/physical exercise
rest/sleep
touch
sexual expression
health

**CONNECTION /
Interdependence**

care
love
closeness
intimacy
compassion
empathy
consideration
acceptance
affection
appreciation
communication
cooperation
trust

openness
belonging
community
partnership
companionship/fellowship
inclusion/participation
mutuality/reciprocity
respect/self-respect
consistency/dependability
continuity
nurturing
support
to know
to see and be seen
to hear and be heard
to understand and be understood
sharing/exchange
giving & receiving
tenderness/softness
sensitivity
kindness

MEANING

purpose
contribution/enrich life
celebration/mourning
hope
self-value/self-confidence/
self-esteem/dignity
power/inner strength
empowerment
competence/capacity
creativity
learning
inspiration

challenge
stimulation
evolution/growth
self-expression
clarity
awareness/consciousness/
realization
liberation
transformation
spirituality
presence
simplicity
efficacy/effectiveness
to matter/take part in/have my
place in the world

HONESTY

authenticity
integrity
transparency
presence

PLAY

fun/joy
celebration
flow
humor/laugh
vitality/liveliness
discovery/adventure
passion
spontaneity
lightness

HARMONY

calm/relaxation
peace

beauty
communion/wholeness
ease
predictability/familiarity/
accountability
stability/balance
completion
equality/justice/fairness

AUTONOMY

choice
freedom
space
time
independence

Please Note:

This list is from the teachings
of Compassionate
Communication.