



**security**  
**safety**

**stability**

**adventure**



**challenge**

**touch**



**a display of fondness**

**trust**



**to trust,  
rely on somebody and also have  
others that trust you**

**integrity**



**the consistency between  
what I say and what I do**

**clarity**



**to have a clear idea,  
be knowledgeable,  
to know your way around**

**peace**



**the possibility to do things  
at your own pace  
peace of mind**


**harmony**



**concord, beauty**

**love**

**autonomy**



**independence, self-reliance  
to be able to influence things  
in your life, to have a choice**



**rest  
relaxation**

**to be  
understood**



**to be heard and listened to;  
empathy**



**to be  
supported**

**support, help**



**movement**



**order**

**cleanness, orderliness**



**to understand**

**to know, be informed**



**appreciation  
recognition**

**to receive attention, be seen**



**friendship**

**closeness**



**contribution  
the act of giving**

**your actions enriching  
lives of others**



**progress  
efficacy**

## **space**

**to have enough physical  
space, time, etc.**



## **order**

**predictability**



## **respect**

**to be taken seriously,  
to matter to somebody**



## **growth**

**development,  
learning something new**

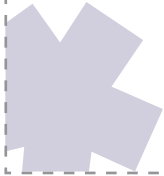


## **sharing**



## **eros**

**sexual expression**



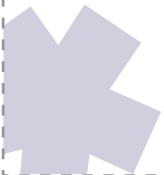
## **power**

**to be able to influence  
things in your life**



## **meaning**

**meaningfulness,  
significance, depth**



## **concentration**



## **togetherness**

**to be with others and not  
alone, be part of a group,  
belong somewhere**



## **cooperation**

**to collaborate on something,  
to achieve goals together**

## **spontaneity**

**authenticity**

## **fairness**

**adequacy, mutuality**

## **transparency**

**openness, directness  
(no beating around the bush)**

## **acceptance**

**to be accepted as you are**

## **joy**

**sensory pleasure(s)**

## **fun**

**humour**

## **intimacy**

**closeness, the depth  
of shared inner experience**

## **liberty**

**freedom, lightness**

## **play**

**playfulness, competition**

# competence

mastery, to master a skill

# attention

to be heard and seen,  
to attract attention

# physical and mental well-being

to be full of vigour

# spirituality transcendence

a contact with something  
bigger than us

# creativity self-expression

by Ondráš Přibyla  
translated by Martin Švarc

 creative  
commons

