

Needs<sup>1</sup>: Being, Having, Doing, Interacting; Emotions<sup>2</sup>, Intensities, Inverses; Esoteric Clock<sup>3</sup>, Questionnaire; Dependent Origination<sup>4</sup>, Noble Truths & Path, Poisons

Identity	Understanding	Protection	Subsistence	Freedom	Intimacy	Leisure	Creation	Emotion	Participation	Affection	Overcoming
belonging	curious	cared for	healthy	autonomous	experiencing truth	spontaneous	inventive	vital	receptive	treated well	resolving
customs	learning	care	the goods	rights	candor	peace	abilities	low stress	work	relationships	flow
know thyself	investigate	take care of	sustain	choose	experience	relax	compose	feel	express	comfort	let go
habitat	communities	dwelling	social settings	anywhere	close by	landscapes	workshops	within oneself	neighbourhood	shared spaces	over time
Joy	Trust	Fear	Surprise	Sadness	Remorse	Disgust	Contempt	Anger	Aggression	Anticipation	Optimism
Ecstasy, Serenity	Admiration, Acceptance	Terror, Apprehension	Amazement, Distraction	Grief, Pensiveness	Shame, Regret	Loathing, Boredom	Hate, Distaste	Rage, Annoyance	Hostility, Defensiveness	Vigilance, Interest	Panglossian-ism, Hope
Disgust	Contempt	Anger	Aggression	Anticipation	Love	Joy	Submission	Fear	Awe	Sadness	Disappointment
Immediate	Immediate Beginning	Beginning	Unmediated Beginning	Unmediated	Unmediated Embodying	Embodying	Intermediate Embodying	Intermediate	Intermediate Maintaining	Maintaining	Immediate Maintaining
Values?	Patterns?	Diminished? Enlarged?	Process check-in?	Questions?	Aspirations in relationship?	Pro-solo?	Ideas?	Frequent Feelings?	Speaker & Listener?	Community?	Highly or overly responsible?
Six Senses	Mind & Body	Consciousness	Formations	Ignorance	Old Age & Death	Birth	Becoming	Clinging	Craving	Feeling	Contact
The Way	View	Intention	Livelihood	Action	Mindfulness	Speech	Effort	Suffering	Origins	Concentration	Cessation
Attachment/Greed				Delusion				Aversion/Hate			

<sup>1</sup>Max-Neef (plus three by me)

<sup>2</sup>Plutchik

<sup>3</sup>Corneli

<sup>4</sup>Siddhartha Gautama