

# Intouch Values Based Communication - Value Categories

## Appreciation

1. Acknowledgement
2. Admiration
3. Recognition

## Autonomy

1. Believing
1. Choice
2. Freedom/Independence
3. Individuality/Uniqueness
4. Preservation of
5. Respect/Friendship
6. Responsibility
7. Self
8. Space
9. Uniqueness

## Celebration

1. Aliveness
2. Birth
3. Charity
4. Creation
5. Death/Mourning
6. Excellence
7. Forgiveness
8. Fun
9. Generosity
10. Gratitude
11. Hope
12. Humour
13. Laughter
14. Life
15. Losses (dreams, losses – mourning)
16. Mercy
17. Play
18. Regret
19. Remembering
20. Ritual
21. Self-Forgiveness
22. Thankfulness

## Connection

1. Affinity
2. Closeness
3. Communication
4. Dialogue
5. Empathic Listening (to be heard)
6. Friendship/Companionship
7. Love/Intimacy/closeness
8. Relationship
9. Shared Beliefs
10. Shared Culture
11. Shared History

12. Shared Humanity

## Integrity

13. Shared Values
1. Accountability
2. Authenticity
3. Dignity
4. Fidelity
5. Honour
6. Humility
7. Meaning – To have
8. Meaning/Significance
9. Morality
10. Nobility
11. Perseverance
12. Purity
13. Purpose
14. Self-Discipline
15. Self-Respect
16. Self-Worth
17. Strength
18. Trustworthiness
19. Value – To have
20. Wholeness

## Interdependence

1. Acceptance
2. Assertiveness
3. Certitude
4. Co-creation
5. Commitment
6. Community
7. Competence
8. Confidence
9. Consideration
10. Co-operation
11. Courage
12. Decisiveness
13. Ease
14. Effectiveness
15. Emotional Safety
16. Equality
17. Fairness
18. Fortitude
19. Giving
20. Groundedness
21. Honesty
22. I count
23. Inclusion
24. Moderation
25. Motivation
26. Participation
27. Patience
28. Peace/Ease
29. Reassurance
30. Resilience
31. Respect
32. Simplicity
33. Support
34. Tolerance

35. Trust
36. Understanding

## Mental

1. Awareness
2. Awe
3. Diligence
4. Idealism
5. Information
6. Insight
7. Justice
8. Knowledge
9. Mindfulness
10. Perception
11. Stimulation
12. Understanding/Clarity
13. Wisdom
14. Wonder

## Nurturing

1. Affection
2. Bonding
3. Caring
4. Comfort
5. Compassion
6. Empathy
7. Family
8. Graciousness
9. Growing
10. I Trust
11. Kindness
12. Parenting
13. Planting
14. Sexual Expression
15. Stability
16. Touch
17. Warmth

## Safety

1. Ecology
2. Family
3. Health
4. Morality
5. Movement/Exercise
6. Rest
7. Security
8. Shelter
9. Structure
10. Touch
11. Work

## Self – Expression

1. Balance
2. Cleanliness
3. Contribution
4. Courtesy
5. Creativity
6. Dependability
7. Detachment
8. Determination
9. Direction

10. Discernment
11. Dreaming
12. Endurance
13. Enthusiasm
14. Flexibility
15. Forbearance
16. Gentleness
17. Goals
18. Healing
19. Helpfulness
20. Initiative
21. Learning
22. Modesty
23. Openness
24. Predictability
25. Processing (Emotions/Needs)
26. Reliability
27. Righteousness
28. Sincerity
29. Spontaneity
30. Steadfastness
31. Tact
32. Teaching
33. Thoughtfulness
34. Truthfulness
35. Vision

## Spiritual ~ Devine Connection

1. Beauty
2. Connection with life
3. Contemplation
4. Devotion
5. Faith
6. Faithfulness
7. Harmony
8. Humanity
9. Inspiration
10. Loyalty
11. Optimism
12. Order
13. Purposefulness
14. Reverence
15. Sacrifice
16. Service
17. Soul nurturance
18. Tranquility/serenity/peace
19. Unity

## Survival

1. Air/Breathe
2. Food
3. Physical Safety
4. Protection from Serious Threat
5. Sex
6. Water