

Needs & Values Mapping- Practice a Multi-Use Design Tool

Activity: With a partner or yourself, go through each step of the activity and take notes. Shareback/reflect at the end with your partner (or self), or with your larger group.

- Take notes as your partner (or you) describes aloud a really good day they experienced - make sure to have them *speak in the present tense*.

- Repeat the first step, but with a bad day they had - remember, *present tense description* (e.g. “I walk up the steps in the rain” not “I walked up the steps, it was raining.”)

- Reflective listening and needs-guessing: Use your notes to guess at the underlying needs or values that *were* met by the good day, and *were not* met by the bad day. Let your partner correct or modify a you go, and note the needs and values that emerge. The list of human needs at the end of this worksheet, though not exhaustive, can help if you need it!

Shareback / reflect: What did you notice? What (if anything) surprised you? What questions do you have?

Universal Human Needs – Partial List

(without reference to specific people, time, actions, things)

<p><u>Subsistence and Security</u></p> <p><u>Physical Sustenance</u> Air Food Health Movement Physical Safety Rest / sleep Shelter Touch Water</p> <p><u>Security</u> Consistency Order/Structure Peace (external) Peace of mind Protection Safety (emotional) Stability Trusting</p> <p><u>Freedom</u></p> <p><u>Autonomy</u> Choice Ease Independence</p> <p>Power Self-responsibility Space Spontaneity</p> <p><u>Leisure/Relaxation</u> Humor Joy Play Pleasure Rejuvenation</p>	<p><u>Connection</u></p> <p><u>Affection</u> Appreciation Attention Closeness Companionship Harmony Intimacy Love Nurturing Sexual Expression Support Tenderness Warmth</p> <p><u>To Matter</u> Acceptance Care Compassion Consideration Empathy Kindness Mutual Recognition Respect To be heard, seen To be known, understood To be trusted Understanding others</p> <p><u>Community</u> Belonging Communication Cooperation Equality Inclusion Mutuality Participation Partnership Self-expression Sharing</p>	<p><u>Meaning</u></p> <p><u>Sense of Self</u> Authenticity Competence Creativity Dignity Growth Healing Honesty Integrity Self-acceptance Self-care Self-connection Self-knowledge Self-realization Mattering to myself</p> <p><u>Understanding</u> Awareness Clarity Discovery Learning Making sense of life Stimulation</p>	<p><u>Meaning</u> Aliveness Challenge Consciousness Contribution Creativity Effectiveness Exploration Integration Purpose</p> <p><u>Transcendence</u> Beauty Celebration of life Communion Faith Flow Hope Inspiration Mourning Peace (internal) Presence</p>
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This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.