

I hope, I want, I need...

	Value: what important value or principle does this express?	Evidence: how would you know that this is happening?	Meaning: why is this value or principle important to you?	Values
I hope...	<i>E.g. I hope we can always be friends (companionship)</i>	<i>We would take time each day to talk to each other about how our day has been</i>	<i>When I was younger everyone was too busy to take much interest in me, that's why I really value it now</i>	Achievement Appreciation Being non-judgemental Care Co-operation Commitment Companionship Compassion Connectedness Courage Creativity
I want...	<i>E.g. I want you to take care of your health (wellbeing)</i>	<i>You would go for your regular check up at the GP</i>	<i>I want us both to live long and healthy lives so we can be there for each other in the long run</i>	Curiosity Faith/spirituality Faithfulness/fidelity Honesty Hope Humility Intelligence Kindness Love Making a contribution
I need...	<i>E.g. I need you to be faithful (fidelity)</i>	<i>I would be your only sexually and emotionally intimate partner – you would never have an affair</i>	<i>Our ability to trust each other is the foundation of our relationship - I would be devastated if you betrayed that</i>	Patience Persistence Respect Responsibility Simplicity Thoughtfulness Tolerance Trust Understanding