**values with potentially negative manifestations?**

* competence
* efficiency
* being right
* control
* approval!

**positive values that would ideally be part of my individual and community life**

* **abundant life**
  + purpose
  + direction
  + joy, peace, rest
  + freedom—of action, from fear, from overwhelming obligation
  + meaningful relationships­—God, self, others
  + meaningful work
    - for me, includes an active life of the mind
  + creative expression
    - for me, includes music, writing, poetry, conversation
  + refreshing aesthetics—home environment, natural setting (not west Texas!)
* **appreciation for God’s image** as it is expressed so magnificently and differently
  + in self—proper understanding of self
    - humility
    - self-worth
  + in others
    - respect, believe in, and encourage one another to pursue God
  + in Godself
  + in creation
    - lifestyle choices that reflect creation concern (planet and its people)
      * sustainability
      * resourcefulness
      * ethics
  + understanding of the proper relationship between the four
* **healthy relationships and communication** within those relationships
  + involvement in the lives of those around us
  + seek out my heart and extend yours
  + ask questions and listen/probe for answers
  + freedom and willingness for self-expression
  + safe space and welcoming environment
    - hospitality—welcoming others and making them comfortable; offering a safe haven
  + honesty, vulnerability, trust
  + patience
  + listening well and hearing accurately
  + respect, love, and commitment flowing
  + advocacy
* **embracing a healthily balanced life**
  + balance of time and commitments
  + dedication to family
  + healthy habits of food and exercise and rest—physical health
  + ever-growing spiritual/mental/emotional health
* **being good news**
  + justice and mercy and knowing how to express both in the right proportions
  + seeing the unseen
    - the good in people
    - forgotten and neglected people
      * empathy
  + potential/opportunities for love and service
    - self-giving, servant attitude
* **integrity**
  + life lining up with belief
  + actions lining up with words
  + depth of commitment—being *permeated* by internal commitments

**my needs in relationship**

* seek out my heart and extend yours
* ask questions and listen/probe for answers
* safe space/trust
* respect me, believe in me, and encourage me—who I am, what I need, what I can contribute
* good balance of community/alone time
* walk with me through the journey of healing
* spiritual/personal maturation
* advocate for me