**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