

Qualities / Requirement / Needs

Parameters of self-organisation for *NVC-plus*

NVC-plus Complete	Goal: life-serving, organic and self-regulating community Agility Adaptability Complexity management Joy of life Effect: Control intelligence Emotional intelligence System intelligence System stability Fundamentals: Life Awareness Humanity Caring Peace Respect Community Willingness to cooperate Further aspects: Appropriateness Timeliness Sustainability Error tolerance Realisation Common good Critical aspects: Unconsciousness Dependence Coercion Dominance Violence Offence Speechlessness Servitude Refusal Passivity Petrification Conservatism Competition Merit Remuneration Possessiveness Justice Discord Conflict Self-centredness Loss of self Ideology Dogmatism In-the-box thinking Structure- and Cultural dominance Habit dominance
Field 1 Individual	Goal: Recovery Relaxation Integrity Stability Firmness Health Reorientation Self- reflection Openness to life Self-empowerment Creative drive Responsiveness Incentive Utopia Impact: Peace Energy Vitality Inspiration Motivation Creativity Emotion Integration Internalisation Processing Resilience Containment Maturity Maturing Self-confidence Meaningfulness Depth of being Dignity Fundamentals: Security Food Sleep Shelter Independence Freedom from ties Freedom Space Liberation Undisturbed Silence Spirituality System change Evaluation Further aspects: Comfort Forgiveness Reconciliation Mourning Celebration Pleasure Hope Security Privacy Variety Critical aspects: Pressure Stress Distraction Worry Despair Criticism Self-criticism Pessimism Unforgiveness Destructiveness Unhealthy Lifestyle Powerlessness rage Passive Longing Illness Trauma
Field 2 System structure	Goal: Scope of action System Context Framework Framing Structure formation Position Positioning Order Orientation Standards Stability Functionality Comprehensibility Predictability Culture of cooperation Stimulation Dampening Enabling Facilitation Prevention Impact: References System references World reference World understanding Fit Definitions Standardisation Scaling Regulation Formation Formatting Establishment Restriction Enclosure Limitation Gridding Rules Laws Legalities Status Law Privileges Working style Style of cooperation Lifestyle Feasibility Culture of cooperation Positive tension Invitation Reception Infrastructure Fundamentals: Access Admission Co-determination Creative freedom Space Place Location Platform Environment Boundaries Guidelines Signposts Code of conduct Further aspects: Preparation Definition Division Classification Split Expansion Reduction Combination Structural tension Cybernetics Chain Bond Limitation Version Arena Stage Area Box Marketplace Country Home Homeland Critical aspects: Must-Have No-Goes Self-centredness Instability Lack of structure Refusal to cooperate Lack of understanding Lack of discipline Fickleness Indecisiveness Excessiveness Boundlessness Crossing boundaries Derailment Narrow- mindedness Established Cultures of dominance

Field 3 Interactive sensitivity	Goal: Interactive sensitivity Unity Integration Connectedness Meta-integrity Synergy Flow entanglement Force field generation Emergence Effect: Stimulation Power Field reality System reality Identity Personality Charisma Agreement Harmony Trust Confidence Optimism Serenity Solidarity Loyalty Cohesion Support Mood Atmosphere Fundamentals: Peace Courage Mindfulness Acceptance Tolerance Resonance Affection Empathy Understanding Arriving Being seen Being noticed Contact Belonging Connection Bonding Further aspects: Trust Presence Centredness Intensity Liveliness Cheerfulness Friendliness Truthfulness Closeness Confidence Affection Sympathy Tenderness Humour Lightness Patience Gentleness Warmth Balance Touch Emotionality Intimacy Eroticism Love Harmony Congruence Appreciation Adaptation Autonomy Independence Distance Detachment Sobriety Critical aspects: Overreach Entanglement Fixation Isolation Dissonance Envy Shame Guilt Inferiority Reputation Entanglement Bias
Field 4 Synergistic design	Goal: Design Implementation Effectiveness Growth Success Problem solving Goal achievement Impact: Success Progress Feasibility Productivity Development Healing Experience Play Expanding understanding Staging Fundamentals: Safety Protection Fairness Decision-making Responsibility Personal responsibility Accountability Commitment Activity Initiative Determination Exchange Communication Language Information Command Comprehensibility Mediation Transparency Clarity Honesty Sincerity Support Service Cleanliness Order Politeness Kairos Time management Timing Punctuality Priority Perseverance Persistence Continuity Resources Time management Energy management Fitness Competence Knowledge Expertise Ability Talent Recognition Promotion Instruction Guidance Learning Cooperation chapter Further aspects: Prudence Overview Foresight Reason Logic Stringency Objectivity Realism Capacity for doubt Discretion Role model Accommodation Accountability Endurance Robustness Decency Discipline Backbone Letting go Self-control Restraint Moderation Pragmatism Discretion Renunciation Thrift Generosity Balance Variety Quality Beauty Simplicity Reliability Participation Hospitality Reliability Consistency Performance Efficiency Effectiveness Precision Professionalism Seriousness Diversity Challenge Gradient Start Persevere Complete Finish Tactical analysis Feedback Leadership Accountability Constructive disagreement Critical aspects: Control Capital Money Payment Reward Dilemma Enforcement Struggle War Level Conceit Lack of Skills Resource scarcity Convenience Stupidity Naivety Lack of knowledge Information deficit