



2.4. Second lesson: needs and emotions

We are often angry or happy, but why? Here you can find out. Needs are deep within us. They are universal and do not depend on a person, time, action or place. We all share the same needs. Feelings express whether the need is fulfilled or not. Try to feel for yourself what you feel when a need is fulfilled or not.

Task 1: Please feel into your body and then write

1. Into the right, next to the need in the middle, your feelings if the named need in the middle is not met (-).
2. Into the left, next to the need in the middle, your feelings if the need in the middle is fulfilled (+).

Emotion (+)	NEED	Emotion (-)
_____	fun	_____
_____	respect	_____
_____	friendship	_____
_____	justice	_____
_____	autonomy	_____



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