

Exercise 3: Incompatible?

Sometimes we are in situations where two needs seem incompatible.

Sigrid is in a class where there are many more boys than girls. Therefore, among these five girls, there is an unwritten law that everyone must stick together in order not to be overlooked. Most of the time, Wilma determines what counts as an opinion in this group and what is to be done. Sigrid, goes along with it and often doesn't say it when she has a different opinion, because she is afraid of being ostracised and then standing there alone.

Which of Sigrid's needs are affected?

Your notes

Solution: Above all, the needs for freedom and belonging are affected. Sigrid puts her need for freedom (to have her own opinion, to be able to make her own decisions) at risk so that her need for belonging is satisfied. See also part 2 of this booklet.