

Exercise 4: Virtual worlds

Felix, one of your classmates is a gamer. He has little time for school or friends because he spends a lot of time on his notebook. What needs does he fulfill with this behavior?

- What does it have to do with the need for fun?
- What does it have to do with the need for power?
- What does it have to do with the need for love and belonging?
- What does it have to do with the need for freedom?
- What does it have to do with the need for security and survival?

Your notes

Solutions:

- **Fun: colourful, discovering new things, forgetting about time and everything around you**
- **Power: abilities and powers that you don't have otherwise as a human being**
- **Love and belonging: enthusiasm, joy**
- **Freedom: decide for yourself**
- **Safety and survival: Thrill, but nothing can really happen**

As exciting and tempting as it can be to immerse yourself in virtual game worlds, Felix should not forget about his real basic needs in the real world. If you overdo it with gaming, you lose the freedom to decide for yourself how to use your time, as well as good contact with yourself and your fellow human beings.