

|  |
| --- |
| **Exercise 1: Your personal success story** |
| Recall a situation in your life when you were really proud of yourself.  Briefly describe the situation:   * What exactly were you proud of? * How did it feel in your body? * Which of your abilities were involved in this sense of achievement? * Imagine that you are reliving this experience now and you are in the middle of it, full of pride and self-confidence - with what attitude will you master future challenges? |
| *Your notes* |

|  |
| --- |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, Bürste**Exercise 2: Your learning style - what do you need to learn well?** |
| Think about the conditions under which you yourself can learn best.   * What needs to be fulfilled in yourself? * Can you learn best when you are completely calm and relaxed, when you are slightly activated or when you are very excited? (Survival) * How can you create this state when you intend to learn something? * How much and how long can you learn in one piece before your concentration wanes? (Freedom) * When you notice your concentration slipping, it's a good idea to take a break where you can move around and let what you've learned sink in before you continue. * What supports you to learn in a concentrated way? Power. * Do you need a free table where nothing distracts you, do you need movement, is it easier for you if you read aloud or mark the important parts? * How can you motivate yourself to learn if you find the material not so interesting? (fun) * Think about the benefits of learning something well. Where in your life can this help you? How can you reward yourself in a meaningful way? |
| *Your notes* |

|  |
| --- |
| **Exercise 3: Incompatible?** |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, BürsteSometimes 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. |

|  |
| --- |
| **Exercise 4: Virtual worlds** |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, BürsteFelix, 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. |

|  |
| --- |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, Bürste**Exercise 5: Are your basic needs met?** |
| Can you agree with each of the items?   * My survival is assured (I have food and drink, a place to sleep, I feel healthy and well); and I feel safe. * I have at least one person I love and who also cares about me. There is at least one person in my life that I can count on when I need something. I also have someone I enjoy spending time with and feel comfortable with. * I can make my own decisions in my life and I have areas in my life, appropriate to my age, that I am allowed to take responsibility for. (For example: my room, how I arrange my homework, what friends I meet, how I spend my allowance, etc.). * I have enough fun in my life and also enough opportunities to discover new things. * I feel respected by my peers and can contribute my opinions and ideas.   This is how one could describe the desirable basic state. In most cases, at least in our society, this is the case. |
| *Your notes* |

|  |
| --- |
| Aquarell, Pinselstrich, Farbe, Abstrakt, Textur, Bürste**Exercise 6: What do you need right now?** |
| Imagine the following situation: You've been sitting for several hours studying for tomorrow's test. You notice a restlessness and an uncomfortable feeling rising up inside of you.  Imagine how you perceive this restlessness and uneasy feeling - what do they want to tell you?   1. Maybe you need exercise to get your circulation going again, maybe you are thirsty or hungry? (What basic need are we talking about here?) 2. Maybe you are afraid of not passing the test and failing? (What basic need are we talking about here?) 3. Maybe you would rather be with others than study alone? (What basic need are we talking about here?) 4. Maybe you feel forced to learn and would rather do something completely different? (What is the basic need here?) 5. Maybe you find the material totally uninteresting and don't know what you will ever need it for in your life? (What basic need is this about?). |
| *Notes:* |
| Solutions:  1. safety and survival  2. power  3. love and belonging  4. freedom  5. fun |