

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

