

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