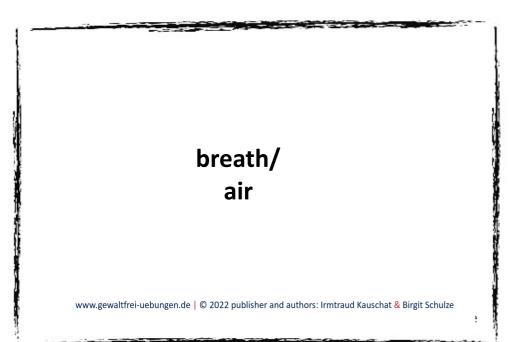


# How to create the feeling cards:

- 1. please print these cards on blue paper.
- 2. cut out the cards individually.

3. you will find a blank card sheet at the end. There you can add your own terms of needs to the cards. Write your terms on the blank cards before laminating.

4. If you laminate the cards individually, you can use them several times in your seminars and practice groups.



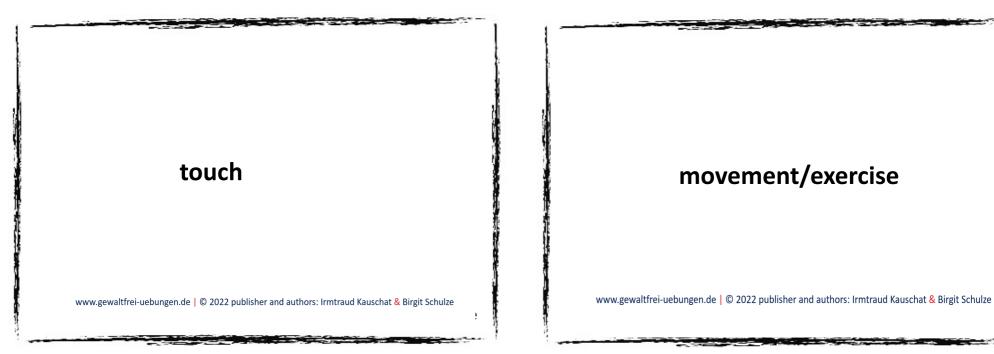
## rest/ sleep/ relaxation

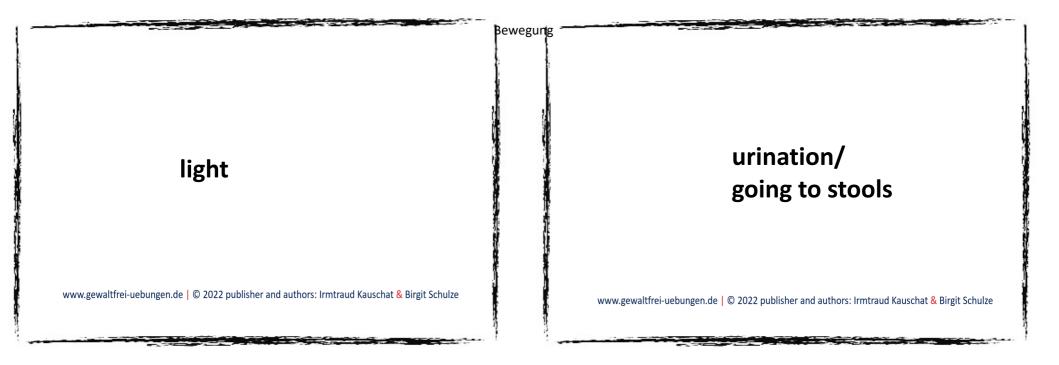
www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

nourishment/ food/ water

www.gewaltfrei-uebungen.de © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

# shelter/ warmth/ protection/security





#### **Sexual expression**

www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

#### autonomy

www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

#### Self-confidence

www.gewaltfrei-uebungen.de 0 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

integrity my actions are in harmony with my values



www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

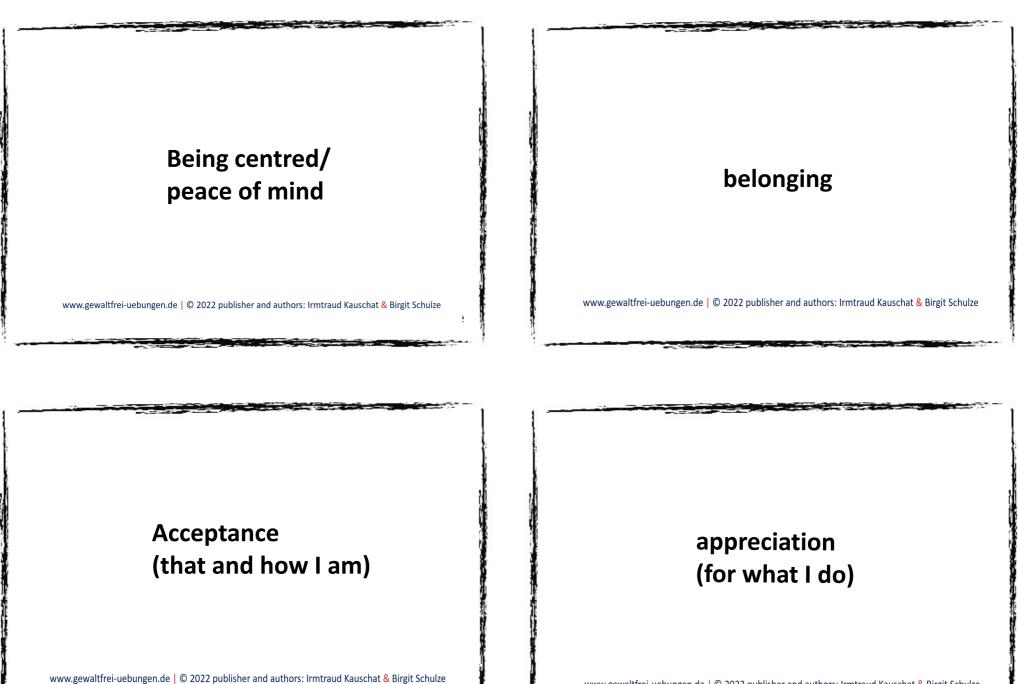
### honesty/ authenticity

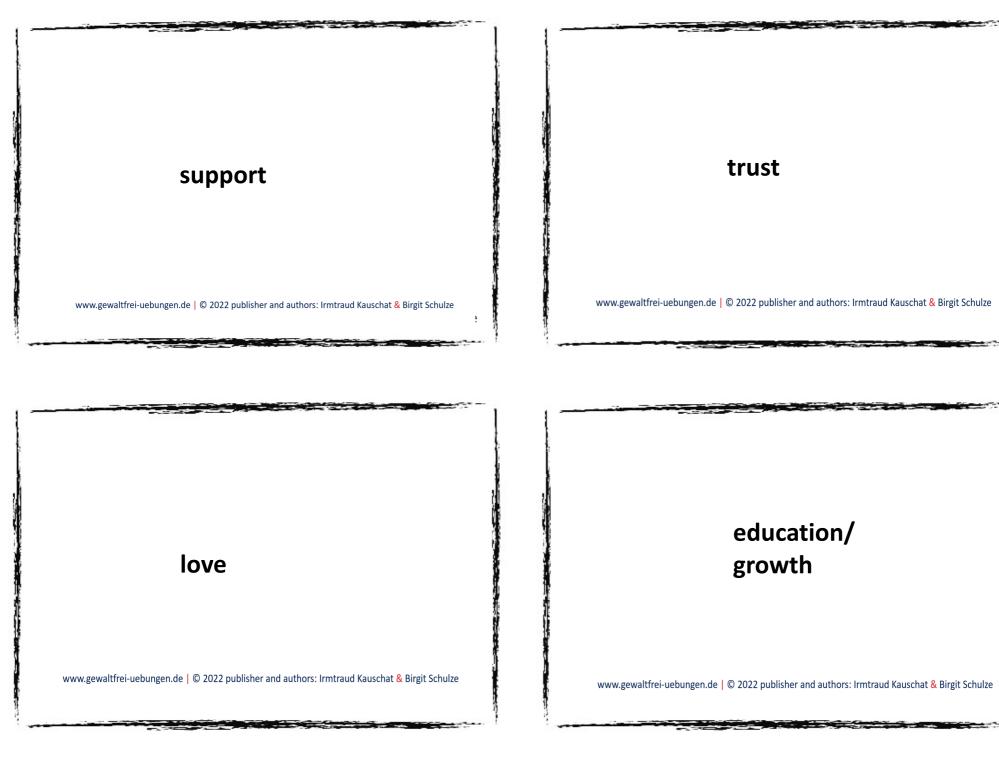
www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

# Self-realization/ contribution to life

www.gewaltfrei-uebungen.de O 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

meaning





intimacy: closeness, tenderness, safety

www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

Understanding (major interdependencies)

www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

peace

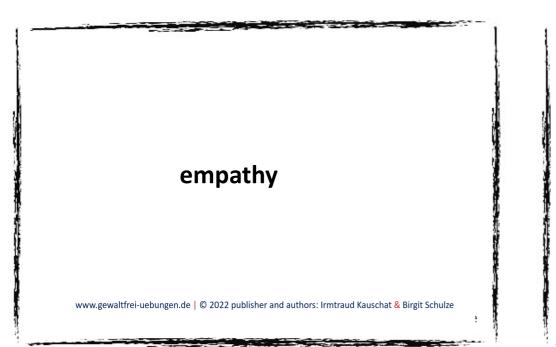
www.gewaltfrei-uebungen.de C 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

# joy/ enthusiasm www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

order / ritual

www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

#### spirituality



www.gewaltfrei-uebungen.de © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

www.gewaltfrei-uebungen.de ] © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

and the state

and the second se