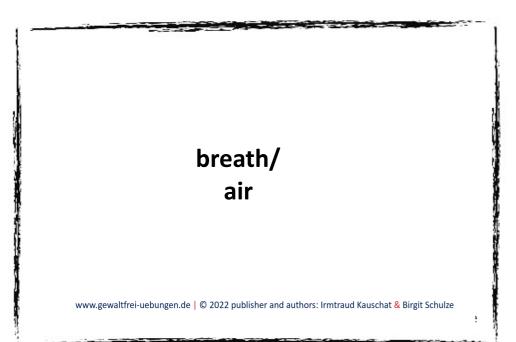


How to create the feeling cards:

- 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.



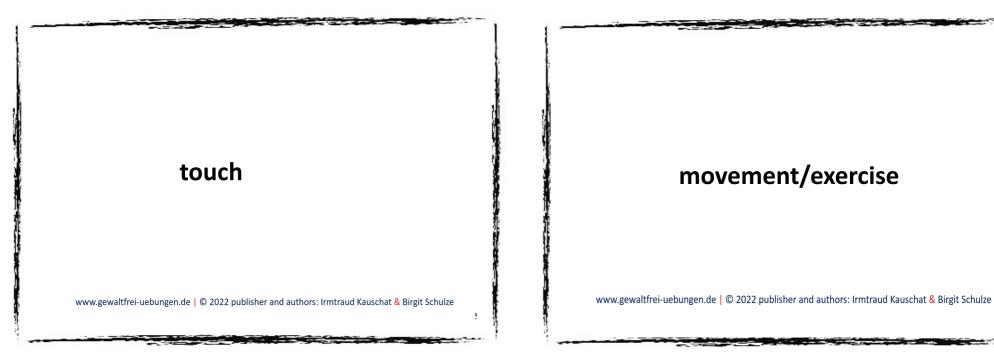
rest/ sleep/ relaxation

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nourishment/ food/ water

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shelter/ warmth/ protection/security





Sexual expression

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autonomy

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Self-confidence

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integrity my actions are in harmony with my values



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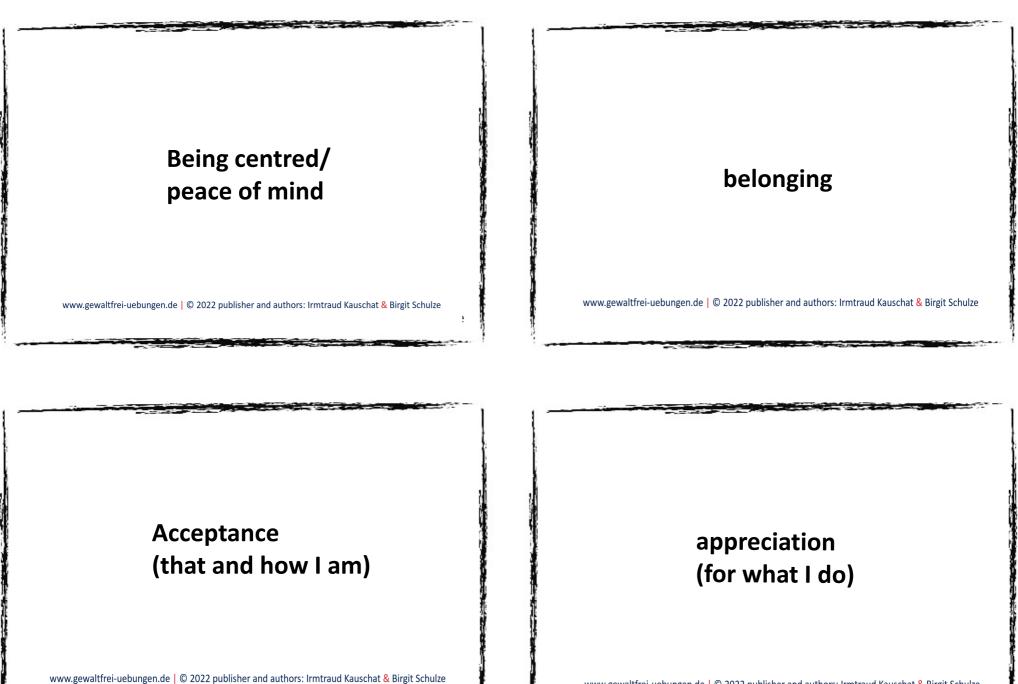
honesty/ authenticity

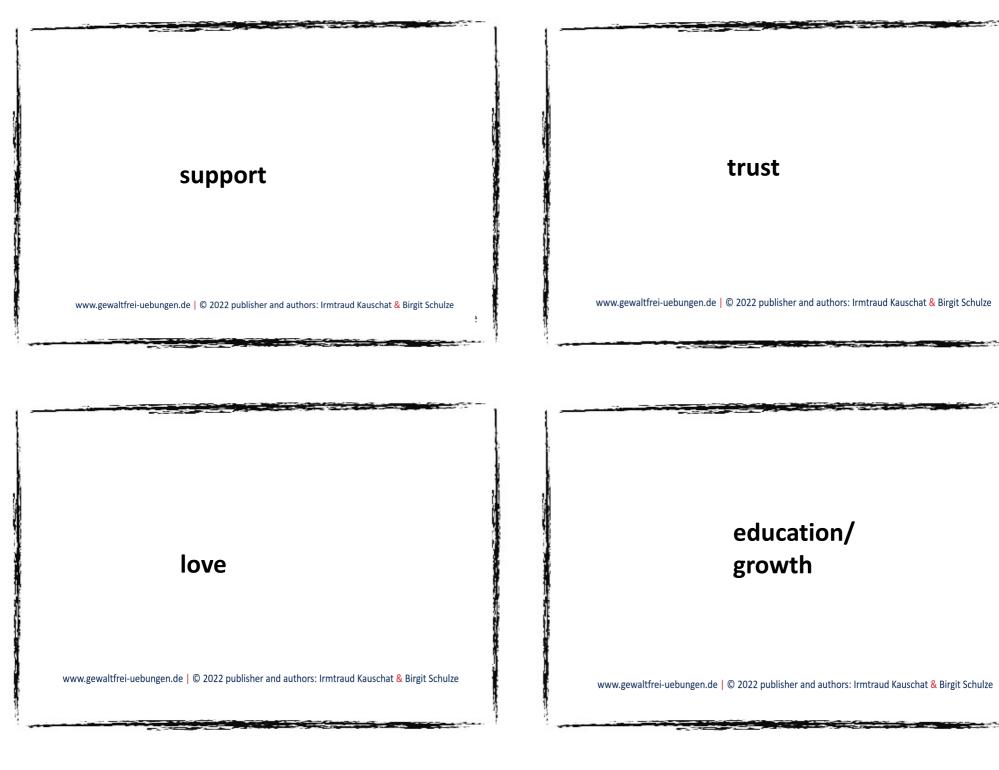
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Self-realization/ contribution to life

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meaning





intimacy: closeness, tenderness, safety

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Understanding (major interdependencies)

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peace

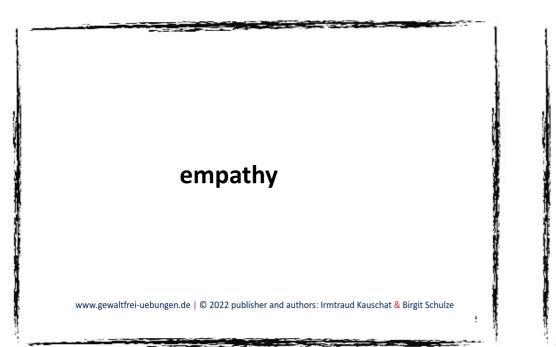
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joy/ enthusiasm www.gewaltfrei-uebungen.de | © 2022 publisher and authors: Irmtraud Kauschat & Birgit Schulze

order / ritual

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spirituality



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