

## Worksheet: needs

- all humans share the same needs (cultural differences in expression)
- needs are abstract, free of actions
- they do not refer to a person, an object, a time or place
- needs are positive
- all humans can say YES to the needs
- There is more than one solution to match the need
- You can also fulfill the need yourself
- If you can only think of one action:  
*„Ask the question: What would be fulfilled for me then?“*



What needs do you find behind these phrases?	
You are never here, when I need you!	
Piss off, you're getting on my nerves!	
I never do it right for you!	
Everyone else has an i-phone!	
It's Ana's own fault that nobody likes her.	
Just because I'm a girl, I always have to do the laundry!	
Would you like to listen to my music?	

According to Frank Gaschler