

## Translating needs into questions:

**Would you like...? Do you need....? Is it very important to you that...? Do you wish...?**

|                                      |   |
|--------------------------------------|---|
| autonomy/freedom/ self-determination | that you can say for yourself what is good for you? what you want do now you can decide do you have something to say? |
| to be an adult                       | that you are taken seriously? that you understand that you can make your own decisions?                               |
| respect                              | that someone is listening to you? that people respect each other?   |
| detachment                           | that you can shape your life on your own? that you are independent?   |
| belonging                            | that you belong to someone or to a group?   |
| fun                                  | that people laugh and have fun?   |
| friendship                           | that you have friends you can count on?   |
| community                            | that we stick together and do something together?   |
| "to be normal"                       | that you're okay the way you are and belong?  |
| recognition                          | that others see how hard you try? Appreciate what you've done?  |
| experiment/discover                  | that you can try and examine yourself? that you can figure things out on your own?                                    |
| excitation                           | Ideas, inspiration, what to do now?   |
| honesty                              | that you can trust someone to tell the truth?   |
| movement                             | to get your body moving?  |
| exchange                             | share with others what happened or what interests you?  |
| contribution                         | that you can help? that others are fine?  |
| gratitude                            | show how happy you are about something?   |
| protection                           | you feel safe and comfortable?  |
| relationship on an equal footing     | that everyone takes responsibility for themselves and their actions? that we respect each other?                      |
| shared reality                       | that everyone starts from the same facts?   |
| relaxation                           | just let go and do nothing?   |
| contact                              | that people are open and approach each other?   |
| effectiveness                        | that the things you do have a result  |
| sense                                | that what you are doing makes sense for you?  |
| vicinity                             | that someone is very close to you? hugs you?  |
| participation                        | that you are asked for your opinion? can have a say?  |
| mindfulness                          | Does everyone take care of themselves and others?   |
| quiet                                | that you can be all alone? that you can rest when you are tired?  |
| celebrate                            | Have fun, be funny, be happy? show how proud you are of something?  |

|                     |   |
|---------------------|---|
| peace               | that everyone gets along?   |
| justice             | that everyone gets what they need? are all treated equally?   |
| be seen             | that people see that you are important and that you are there?  |
| support             | that everyone helps each other? that someone will help you so that you can do it?   |
| to learn            | that you learn something new? expand your skills?   |
| trust               | that we can rely on each other and keep intimate things to ourselves?<br>that you can say anything to a person and they are benevolent? |
| structure           | clear rules? Clarity when we do what?   |
| order               | that you can find your things right away? everything has its place here?  |
| space               | that you can be by yourself that distance is kept?  |
| security            | that you know that everyone means well with you?  |
| intimacy            | that there are things you can keep to yourself?   |
| clarity             | information is presented in s way that you can understand things?   |
| ease                | that you don't have to make an effort? that it is easy?   |
| love                | someone likes you the way you are?  |
| compassion/ empathy | someone understands how you are? how is it for you  |
| beauty              | that someone or something is particularly beautiful?  |
| mourn               | that you can show how sad you are?  |
|                     |   |

thanks to Frank Gaschler