

### Exercise: strategy sun

Think about a need you have, and for which you'd like to have more strategies. Write this need in the center of a piece of paper.

Think about strategies that could fulfill this need and write them around the need, as if they would be sun rays.

Exchange with others about possible strategies to fulfill this need and add relevant strategies to your drawing.

### Exercise: getting to know your needs

- How would you complete one of these sentences:

- "I want a life in which ... happens."

- "My vision for my life is ..."

- "I wish for a life that looks like this: ..."

Which of your needs would then be fulfilled?

- Remember a moment in life that made you very happy.

What made you so happy? Which needs were involved here?

- In which situations you've recently been very unhappy or frustrated?

What was it about? Which of your needs were not fulfilled?

- What do you generally get angry about?

What do you really not like? Which needs might this be related to?

- What behavior do you repeat despite you don't like it yourself?

Which needs are satisfied when you behave like this? Why is this behavior disturbing? Which of your needs stay unsatisfied because of this behavior?

- What were the latest three disputes/crisis/hurts in your life about?

What was the subject? Which needs might this be related to?

- Complete the sentence: "I don't like people who ..."

Which needs hide behind your assessment?

- What do you compliment others for?

Which of your needs are satisfied?

- To whom do you keep comparing yourself?

Which needs might be hidden behind these comparisons?

## The four steps exercise

### A) Usual reaction

Trigger: Which action/behavior or statement by another person triggered something / strong feelings in you (recently)?

Assessment: What do you think about that situation? Who is guilty? Who is right? Who does something wrong?

Automatic reaction: What is your first automatic reaction? How do you usually react? Attack, escape, retreat, reproach, punishment, feeling offended, defense, justification, discussion ...?

### B) Self empathy using the 4 steps:

#### 1. Observation.

What exactly happened? Look again at the trigger (described in A) and try to find the central phrase or action that triggered something in you. Formulate your observation in a way that it does not contain interpretations, assessments or thoughts. What would a camera have recorded? Which observation of yours would the other person agree with? Try to be as concrete and neutral as a journalist (use quotes, concrete numbers etc.)

#### 2. Feelings.

How did you feel in that situation? How do you feel now, when you think about that situation? Write everything down and during the next step find feelings that contain thoughts and interpretations about the other person's behavior (pseudo-feelings). Translate the pseudo-feelings (I feel ... because you did ...) into "real" feelings (i.e. „How do I feel when I think I'm being used?“)

#### 3. Needs

Which needs were not fulfilled in that situation? (Remember, needs are independent from time, place and person.) What do you need in contact with that other person or in general in your life?

#### 4. Request

Look at your unfulfilled needs. Which of your needs currently is the most important one? Think about a request:

- request to yourself: what can you do yourself to fulfill this need?
- request do the other: what can the other say/do to satisfy your need? Is this really a request or a demand?

(You can recognize a request in that you can tolerate the other person's reply, even if negative.)