



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.**

**breath/
air**

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**rest/
sleep/
relaxation**

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**nourishment/
food/
water**

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**shelter/
warmth/
protection/security**

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touch

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movement/exercise

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light

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Bewegung

**urination/
going to stools**

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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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creativity

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**honesty/
authenticity**

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**Self-realization/
contribution to life**

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meaning

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**Being centred/
peace of mind**

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belonging

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**Acceptance
(that and how I am)**

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**appreciation
(for what I do)**

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support

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trust

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love

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**education/
growth**

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**intimacy:
closeness, tenderness,
safety**

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**Understanding
(major interdependencies)**

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peace

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beauty

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**joy/
enthusiasm**

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**celebration, regret,
celebrate losses (mourning)**

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**order /
ritual**

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spirituality

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empathy

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