

Third lesson: Thoughts emotions and needs



(source: own photo material)

1. Look at the picture and write down your thoughts.

Thoughts when looking at the picture



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2. Highlight all observations with a green pen and all evaluations with a red pen.



**3. Look at the picture again. Which rating is most true for you?
Mark with a cross.**

- I. A "Oh, how cute!"
- B "Ew, how disgusting!"
- C "Help! I'm afraid of dogs!"

II. How do you feel when having this thought?

III. Can you imagine of what needs are met/unmet here?

IV. What might your evaluation have to do with your culture?



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