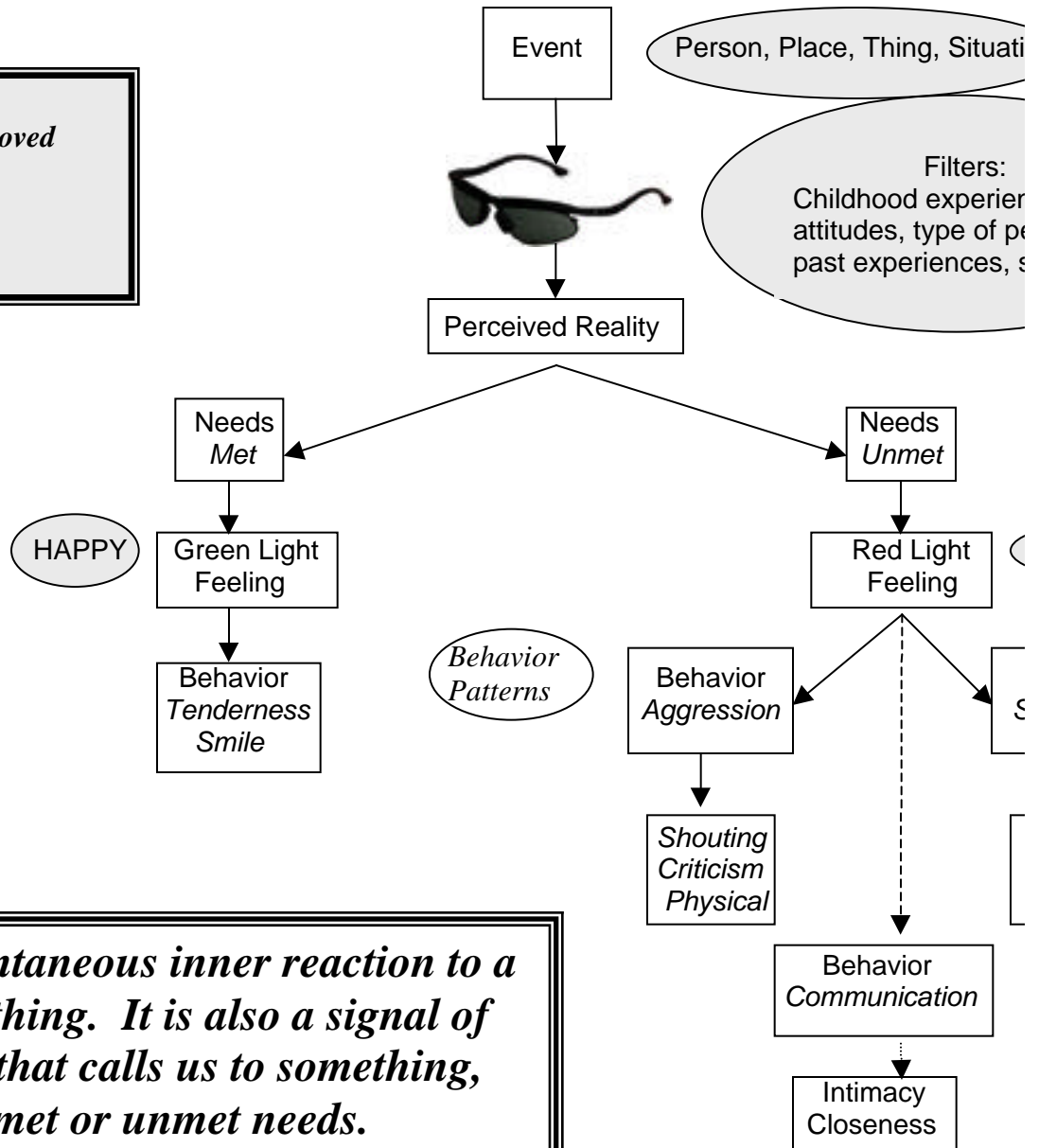


Genesis of Feelings

- NEEDS**
1. *To Love and be loved*
 2. *Self Worth*
 3. *Autonomy*
 4. *Belonging*



A Feeling is a spontaneous inner reaction to a person, place or thing. It is also a signal of something in us that calls us to something, signals of met or unmet needs.

<p style="text-align: center;">NEEDS</p> <p style="text-align: center;">(Four basic needs)</p>	<p style="text-align: center;">DESIRE</p> <p style="text-align: center;">(Things I want for myself)</p>	<p style="text-align: center;">EXPECTATION</p> <p style="text-align: center;">(Things I expect)</p>
<ul style="list-style-type: none"> a. To be loved b. To belong c. Autonomy d. Self-worth 	<ul style="list-style-type: none"> a. Education/diploma b. Wealth c. Food/Steak d. Nice clothes 	<ul style="list-style-type: none"> a. Flowers for me b. Give me a ride c. Come home d. Understand me