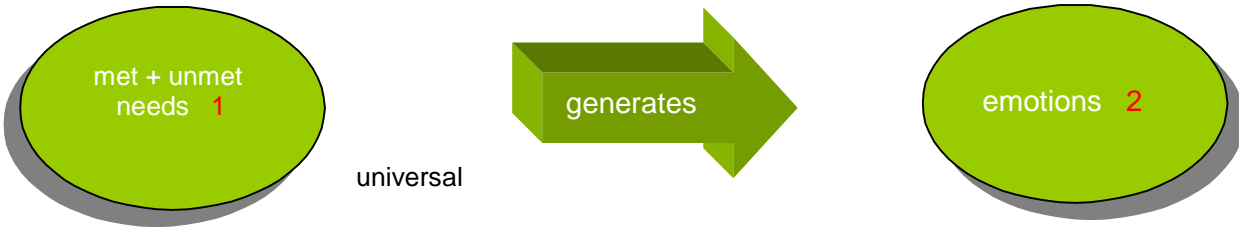
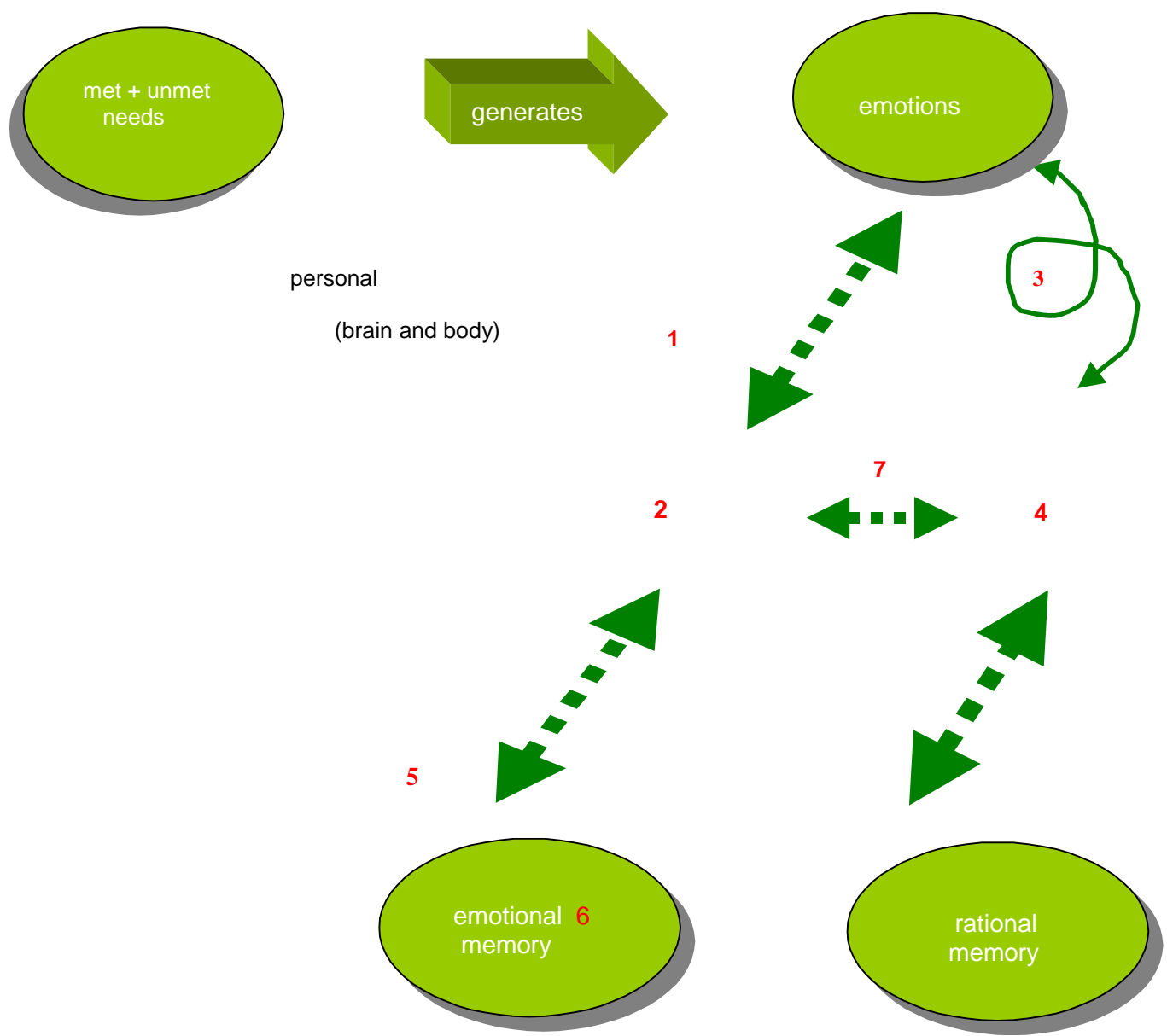


emotions are generated out of basic human needs



- basic needs**
- 1 to love and to be loved
 - 2 to understand and to be understood
 - 3 to be self-directing + to belong to a greater whole (John Heron)

- 1 needs are universal (Maslow, Heron, Rosenberg)
- 2 scientists suggest there are at least 8 primary human emotions



emotional and rational processing systems

- 1 there are powerful, fast, links between our emotional processing system in the brain and emotions
 - 2 the emotional processing system in the brain produces reactions that involve the whole body
 - 3 the links from our rational processing system in the brain are less powerful and much slower than 1
 - 4 the rational processing system in the brain is involved with thoughts and information
 - 5 there are direct links and feedback loops between the emotional centres in the brain and the body
 - 6 the emotional memory – in the body – is individual shaped by experience
 - 7 a balance and connection between the emotional and rational brain centres support to come into our full potential
- (niek sickenga, autumn 2004)