* When do you feel:
  + Safe?
  + Loved?
  + Powerful?
  + Free?
  + Pleasured?
* I feel safe when I get to talk with my family about my concerns, such as suffering in courses at school or circumstance. After these situations, I get to go forward in my life.
* I feel loved when I get the support from classmates and my friends and overcome the hardship or learnings from the courses. I am so thankful after I get help, for which people spend the time for me.
* I feel powerful when I get to teach the students in the class or give help for assignments for my fellow friends. I feel I become a strong leader who can solve their problems.
* I feel free when I get into semester break. All my assignments and exams are finished, and I do not need to worry anything and get to sleep more than usual.
* I feel pleasured when I get to do math. I am thankful to god that he gave math to me.
* Now think about what you do or do not do to make sure you are feeling those things?
  + What actions do you take or not take?
* I get to have family gatherings for great supper.
* I get to have communication through messenger with friends.
* I go to walk outside and be thinking about mathematics.
* I sleep and wake up and eat delicious food and snacks and do some math.
* I open Facebook or Instagram and reply to messages that my friends sent.
* Once you have worked out your perceptions of your needs and your awareness of how those needs motivate specific actions, write a summary for your electronic “journal” or progress log, including any surprises that you might have encountered.

Progress log from one of the weeks I had during week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day | Major Event | Encounter | Action taken | Feeling After |
| Monday | Had to prepare two exams. | Stress and was not able to solve some questions. | I had conversation with my friend and prepare exam together | Loved, since I was able to get such help for exam from my friend. |
| Tuesday | Had exam. | Did not do well since some of the questions were not expected. | I get to share my concern with my family. | Safe, since I was able to share my concern with my family. |
| Wednesday | Had to do well on last exam in this week. | Stress more than Monday. | I get to share my concern with my family | Safe, since I was able to share my concern with my family. |
| Thursday | I gave the support for my classmates for preparing exam. | Solving and helping classmates struggles. | I get to help my friends and I feel I become leader. | Powerful, since I was able to be a good teacher and leader for the group. |
| Friday | Had last exam | Exam that have set of questions which I was able to solve. | I was able to be most of the questions in this exam. | Pleasured, since I was able to do the exam that I was worried for long time |
| Saturday | I get to be relieved after two exams. | I went out downtown with my friends. | I was able to rest exam and not think about school. | Free, I was able to forget everything and rest for a day |
| Sunday | I get to see grades from exams. | I get to see good marks from both exam. | I share the success with my friends and thanks to my friends for all the support. | Loved, I was able to thanks that who support me. I was not able to do well myself. |