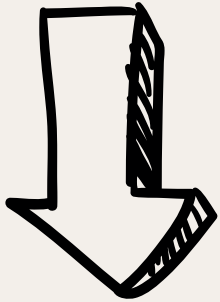


LES BESOINS CACHÉS DERRIÈRE NOS PRINCIPALES ÉMOTIONS

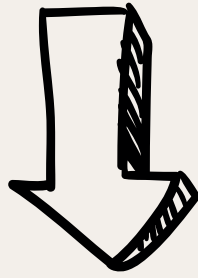


Hélène Fortin Lachance, psychoéducatrice

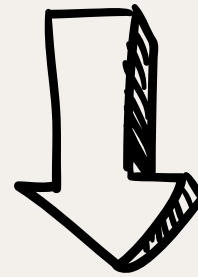
COLÈRE PEUR TRISTESSE JOIE



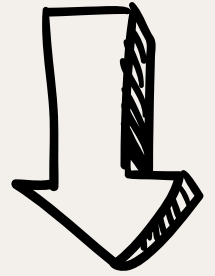
Changement
Expression
de soi
Affirmation



Sécurité
Protection



Acceptation
Adaptation
Connexion



Continuité
Partage
Plaisir