

YOUR NEEDS AUDIT

Consider your life right now. Scale how well you are getting your essential emotional needs met.

Consider these nine needs and circle the number that seems right for you – close to or at zero for each need not met and close to 10 if well met... or perhaps somewhere in-between.

(1) Do you feel safe?

Are you physically and emotionally safe, including money worries?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(2) Do you have a sense of autonomy and control?

Are you heard and feel you have a healthy influence over events?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(3) Do you have space and time to recharge?

Do you take 'time out' for yourself and use your skills/interests?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(4) Do you have wider connections?

Do you meet and mix with people other than work and family situations?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(5) How healthily are your attention needs being met?

Attention is like nutrition and essential. Do you get and receive attention in a balanced way or are you greedy – giving or receiving?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(6) Are there people who are important to you and to whom you are important?

Is there at least one person with whom you can be yourself?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(7) Are you comfortable with your status in society?

Do you feel appreciated or do you have feelings of inferiority and hostility?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(8) Have you a sense of competence and achievement?

Are you satisfied with what you do or out of your depth, stuck, bored?

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES

(9) Have you aims & ambitions – projects that stretch you?

What gives you a sense of purpose? Can they be realised short-term and long? Keeping your mind/body stretched and challenged by work or learning.

NO 0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___ 10 YES