

## 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