



NEEDS ASSESSMENT

Rate the influence of the following needs on your life, your behaviors, and your decisions - "1" being the most influential and "5" being the least influential. Add other needs you consider influential to the bottom of the list.

NEEDS	Very influential → Less influential				
	1	2	3	4	5
Wealth	1	2	3	4	5
Status/prestige	1	2	3	4	5
Power	1	2	3	4	5
Control	1	2	3	4	5
Adventure	1	2	3	4	5
Stability	1	2	3	4	5
Order	1	2	3	4	5
Security	1	2	3	4	5
Someone to rely on	1	2	3	4	5
Belonging	1	2	3	4	5
Love	1	2	3	4	5
Friendships	1	2	3	4	5
Family	1	2	3	4	5
Happiness	1	2	3	4	5
Expressing individuality	1	2	3	4	5
Creativity	1	2	3	4	5
Independence	1	2	3	4	5
Spiritual fulfillment	1	2	3	4	5
Personal achievement	1	2	3	4	5

Perfectionism	1	2	3	4	5
Be correct and not make mistake in front of others	1	2	3	4	5
Be admired by others	1	2	3	4	5
Attention of others	1	2	3	4	5
Not look foolish	1	2	3	4	5
Make others happy	1	2	3	4	5
Have fun	1	2	3	4	5
Make people laugh	1	2	3	4	5
Be accepted by others	1	2	3	4	5
Care for others	1	2	3	4	5

List other very influential needs affecting your life, your behaviors, and your decisions:

List your eight most influential needs:

1.

2.

3.

4.

5.

6.

7.

8.

Which needs might you want to alter or change (e.g. the need to rely on others, the need to be perfect, etc...)?
