

“WHAT ARE MY NEED STRENGTHS?”

Survival

I am not a risk taker. I like things to be orderly and neat. I have fairly regular routines that I live by. I like to be on time. I am usually organised and can be depended on to get things done and do the ‘right thing’. I like to save my money. I do not like dangerous activities.

Love and Belonging

I love to be around people and building relationships is a big priority in my life. My thoughts are often about the wellbeing of my friends and family. I like to be in regular contact with my friends and do things with my family.

Personal Power

I like to be the best at everything I do. Once I have mastered something I like to find something else to master. I believe people should do their best and reach their potential in life. I love healthy competition. I am proud of my accomplishments and have high expectations. I have a strong need to feel important.

Freedom

I love my independence and like to have control over what I do. I resent people trying to control or manipulate me. I like lots of change. I love travelling to new places and spending time outdoors. I like to do things alone and some of my most treasured times are the times when I am on my own doing what I want, when I want. I am not easily swayed by popular opinion.

Fun

To me, life should be a celebration. I love to laugh and play. I try to bring a sense of joy to everything I do and try to liven up even the most boring tasks. I love doing things on the spur of the moment. I love learning new things. I live for parties, games, celebrations and festivals. I have a great sense of humour and like to make others laugh.



RATE YOUR NEED STRENGTHS

1. Use this information to assess your own need strengths and complete the table.
2. Mark the levels on the ‘Needometer’ on the next page

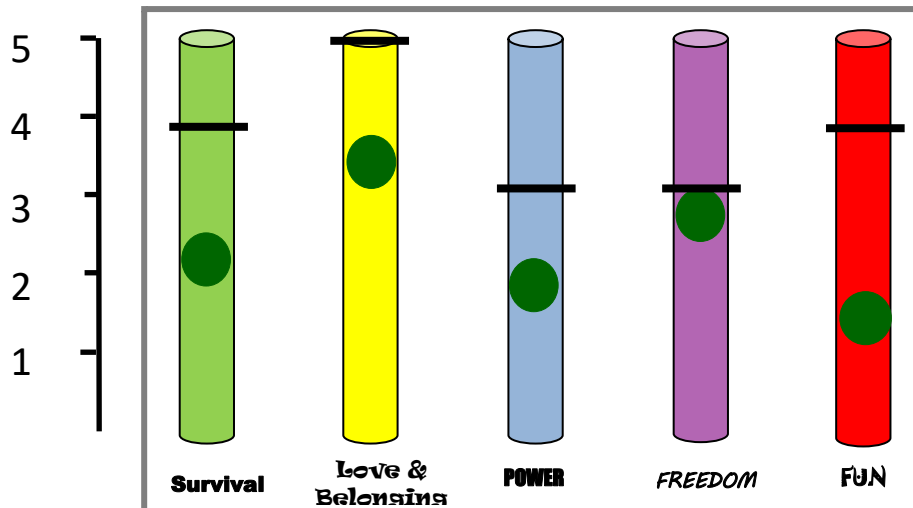
Use 1 – 5, with 5 for the strongest intensity

Survival	
Love & belonging	
Personal power	
Freedom	
Fun	

There are two aspects related to the needs -how strong the intensity is of each need for a person overall – their “Needs Profile” and how satisfied each need is at any point in time.

EXAMPLE

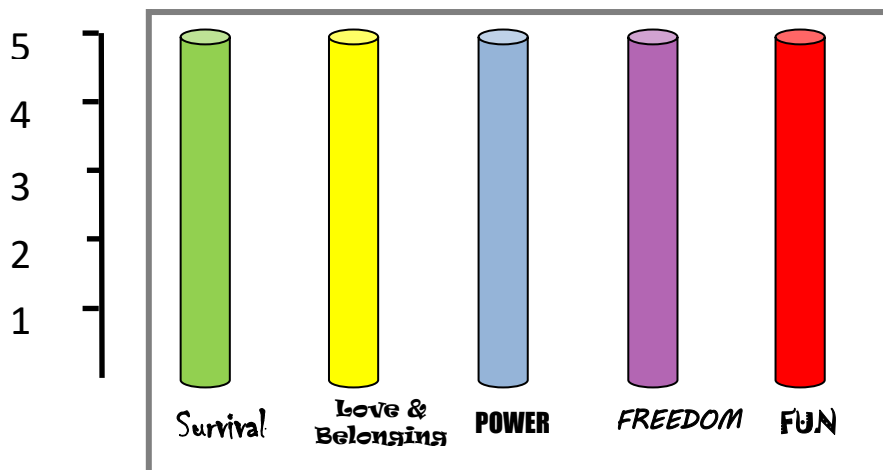
- Needs Profile : this person rated their overall needs strengths : Survival 4, Love and Belonging 5, Power 3, Freedom 3, Fun 4
- In the diagram the black lines indicate the person’s overall needs’ strengths. This person has a high need for both “Love and Belonging” and “Fun”
- The green circles show how satisfied each need is right now. They have as much “Freedom” as they need and not nearly enough “Fun”!



YOUR TURN

On the diagram of the cylinders representing the needs,

- Mark your **overall strength** of each need using the scale at left
- Mark the level of each need to indicate how much it is **currently satisfied**.



SELF-EVALUATION

1. If you could meet more of one of the basic needs right now which would you choose? How can you get more of this during the next week?
2. Do you have a need that is naturally stronger than the others? How does this help? How does this hurt?
3. If you were to have a more balanced life, which need would you want to meet more fully?