



Needs check

Please tick on a range from 1 – 5 how much your needs are met - in relation to a certain situation, a time frame or an action. Example: how much did you meet these needs met during the past week?

Need	scale				
sleep/rest	1	2	3	4	5
movement/exercise	1	2	3	4	5
shelter/protectin/warmth/security	1	2	3	4	5
Sexual expression	1	2	3	4	5
autonomy	1	2	3	4	5
Self-confidence	1	2	3	4	5
Creativity	1	2	3	4	5
Honesty/authenticity	1	2	3	4	5
Education/growth/development	1	2	3	4	5
Contribution, meaning	1	2	3	4	5
integrity (my actions meet my values)	1	2	3	4	5
love	1	2	3	4	5
Peace of mind	1	2	3	4	5
belonging	1	2	3	4	5
acceptance (that and how I am)	1	2	3	4	5
appreciation (for my actions)	1	2	3	4	5
support	1	2	3	4	5
trust	1	2	3	4	5
Intimacy: closeness, tenderness	1	2	3	4	5
understanding	1	2	3	4	5
peace	1	2	3	4	5
enthusiasm/celebration	1	2	3	4	5
order / ritual	1	2	3	4	5
transcendens / spirituality	1	2	3	4	5
empathy	1	2	3	4	5