Human Needs Festivity



Answer each question with "Yes," "Partially," or "No." Write the question number in the spaces provided at the bottom of the sheet.

1. I need to feel grounded.
2. I don't mind taking risks.
3. People are impressed with me.
4. Feeling that I "belong" is important to me.
5. A Failure is not a failure if you keep trying.
6. I believe in giving back.
7. I like to have as much stability in life as possible.
8. I don't fear change.
9. I often worry about what people are saying about me.
10. I'm good at taking care of people.
11. I constantly aspire to improve.
12. It's important to contribute to your community.
13. I like to be an example for others.
14. There is always something new to be learned.
15. I know how to make connections with people.
16. I'm competitive.
17. I like to develop new ideas and projects.
18. I'm security conscious.
19. Danger is never exciting to me.
20. I hate the feeling of boredom.
21. I frequently evaluate myself.
22. In most close relationships, I'm usually the giver.
23. Education is important to me.
24. I need to feel fulfilled.

Yes

___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___

Partially

___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___

No

___	___	___	___
___	___	___	___
___	___	___	___
___	___	___	___



2 points for yes, 1 point for Partially, 0 points for no

Certainty
1,7,18,19

___ + ___ + ___ + ___ = ___

Significance
3,9,16,21

___ + ___ + ___ + ___ = ___

Growth
5,11,14,23

___ + ___ + ___ + ___ = ___

Love/Connection
4,10,15,22

___ + ___ + ___ + ___ = ___

Variety
2,8,17,20

___ + ___ + ___ + ___ = ___

Contribution
6,12,13,24

___ + ___ + ___ + ___ = ___

Order your Human Needs from greatest number of points to least

1.

2.

3.

4.

5.

6.