

Primal Human Needs Assessment

On the following pages there are planners for each Primal Human Need. Take each 'need' in turn (it doesn't matter what order you do them in), print out the planner for that need and **review how well that need is being met** in your own life.

Take your time over this exercise. There is no need (and it is not wise) to try to do them all at once. It may take you several days to complete this – that's fine.

1. In the '**Where I am now**' section, write how that need is currently being met in your life (for example, even if you only see one person a week, this counts toward meeting your need for attention).
2. Grade how well each need is currently being catered for and enter a score in the score box. A **10** would be 'completely' and **1** would be 'hardly at all.'
3. In the '**Where I'd like to be**' section, describe how you would like things to be with this need.
4. In the '**Steps to take**' section, put down some practical ways in which you could get this need better met now, later, and in the future.
5. In the '**I'll know I've got there when**' section, write down how you will know that this need is now being adequately well met.

Example

<i>Need</i>	To give and receive attention.
<i>Currently</i>	I speak to my mother once a week on the phone. I see people in the store. I see my husband. I feel I am not getting as much interaction as I need. Score is 4/10.
<i>I'd like to be</i>	I'd like to spend more time with my own women friends. I'd like to join a group where I can meet others with shared interests. I'd like to know my neighbours better – I think local people should hang together more.
<i>Steps</i>	Now: I can call up Ann and plan to go out for a coffee. I'll see if we can meet every week at a suitable time. I can start saying 'hi' to the neighbours. If they don't speak to me, it doesn't mean I can't speak to them. Later: I can find out when the aerobics class is on at the sports centre. I can get information about local societies and choose one or more to join. Future: I can contact my local volunteering centre and see if I can do a half-day each week.
<i>Signs of success</i>	I'll know I've got there when I am spending at least 4-6 hours in a week in the company of people other than my husband. And when I'm meeting one or more of my own friends once a week.

1 • The need to give and receive attention

Fulfilled through
friends
family
colleagues
pets
acquaintances

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

2 • The need to look after mind and body physical needs

<p>Fulfilled through <i>sleep</i> <i>rest</i> <i>exercise</i> <i>healthy diet</i> <i>fresh air</i> <i>physical touch,</i> <i>adequate health care</i></p>	<p>Where I am now...</p> <div data-bbox="1263 453 1368 560" style="border: 1px solid red; padding: 2px; width: fit-content; margin-left: auto;"> Score </div>	<p>Where I'd like to be...</p>
<p>STEPS TO TAKE</p>	<p>Now</p>	<p>I'll know I've got there when...</p>
	<p>Later</p>	
	<p>Future</p>	

3 • The need for a sense of safety and security

Fulfilled through knowing you will not be abused or in danger in your daily life (for example, from abusive partner); feeling reasonably sure you are not going to lose your house, your job and so on

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

5 • The need for challenge and creativity

Fulfilled through
learning new skills
making progress
being creative
having fun
pushing yourself outside
your 'comfort zone'

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

6 • The need for intimacy

Fulfilled through
a loving partner
a close friend or relative
a beloved pet

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

7 • The need for a sense of control

Fulfilled through
organizing finances
controlling emotions
being assertive in relationships
making and acting on decisions
learning practical skills
devising long-term goals

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

8 • The need for a sense of status

Fulfilled through
*having clear roles
 professionally, in a
 relationship, community
 or family; having a basis
 for positive self-esteem
 and the thinking styles
 to enable that*

Where I am now...

Where I'd like to be...

Score

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...

9 • The need for a sense of meaning – purpose and goals

Fulfilled through
*having a strong sense
 that your plans for the
 future are worthwhile
 and that you can
 achieve them
 having beliefs and
 values that you hold
 dear and can stand up
 for
 having shared goals*

Where I am now...

Score

Where I'd like to be...

STEPS TO TAKE

Now

Later

Future

I'll know I've got there when...