

Choice Theory Needs Star



The Choice Theory Needs Star is designed for the learner to self-assess how well their needs are being met based on Dr William Glasser's Choice Theory psychological approach. Glasser's theory believes that all of our motivations and behaviours are an attempt to meet our specific wants and human needs. These are:

- *Love and Belonging* • *Self-worth/Power* • *Freedom* • *Fun and Enjoyment* • *Survival*

The definitions regarding the five needs should be explained to learners before they complete the Choice Theory Needs Star.

Love and Belonging – Both receiving and giving, to feel loved and cared for. Ranges from close, intimate relationships through to friendships and acquaintances such as those with teachers, the police, probation and social services, etc.

Self-worth/Power – The confidence, self-esteem, and self-value to achieve, or attempt to achieve.

Freedom – To feel unrestrained and unrestricted in the determination of choices and free will.

Fun and Enjoyment – The need to play, and to experience pleasure and laughter. To do things because they are interesting, absorbing and stimulating. To realise that learning something new is often in itself rewarding and fun.

Survival – our need to survive as individuals and reproduce as a species. This includes the need for food, water, safety, shelter, and good health. Survival also extends to the need for a sense of security in respect to the ongoing provision of these basic needs. In modern society, this often relates to sufficient income.

Basic Needs

Love and Belonging



Belonging
Being loved
Being respected
Friendship
Sharing
Cooperation

*Self-worth/
Power*



Recognition
Success
Importance
Achievement
Skills

Freedom



Choices
Independence
Freedom from...
Freedom to...

*Fun and
Enjoyment*



Enjoyment
Laughter
Learning
Change

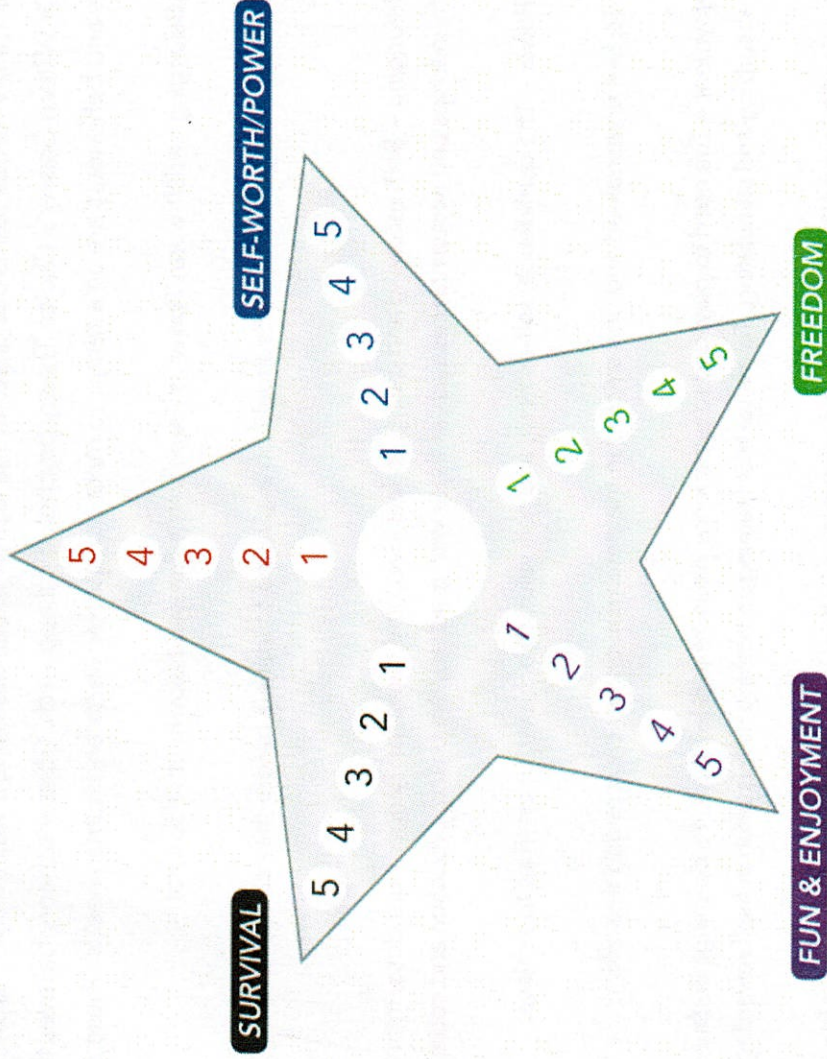
Survival



Health
Relaxation
Reproduction
Food
Warmth

Choice Theory Needs Star

LOVE AND BELONGING



Love and Belonging

5. I have a good network of people that support me and that I can trust
4. I have some good networks of people that support me that I can trust
3. I have a network of people that support me, however it's not always the best advice
2. I very rarely ask people for support
1. I do not trust anyone to support me

Self-worth/Power

5. I am confident in everything I do
4. I am confident in most things in my life
3. I am not so confident in certain areas in my life
2. I have no confidence outside of my comfort zone
1. I have no confidence in my own ability

Fun and Enjoyment

5. I enjoy everything in my life
4. I enjoy most things in my life
3. I enjoy little in my life
2. I don't like anything in my life
1. I don't know how to enjoy life

Freedom

5. I am free to do what I want all of the time
4. I am free to do what I want most of the time
3. I am free to do what I want some of the time
2. I am not free to do what I want and that does not bother me
1. I am not free to do what I want and that bothers me

Survival

5. I have everything I need to survive
4. I have most things in life to survive
3. At times I don't have enough to survive
2. I rarely have enough to survive
1. I never have enough to survive