

How to Get Your Needs Met



If you've already completed the Needs Assessment in Exercise 3 from the *Little Book of Choice Theory*, then skip down to page 3 for an explanation about how to use that information. If not, rate each of the statements in the tables below with your first thought about how much it resembles you. Circle the appropriate number with one being least like you and five being most like you. Then, add up the circled numbers to get your total score for each of the Basic Needs.

Survival	Rating Scale					Score
I always wear a seat belt when provided.	1	2	3	4	5	
I save rather than spend.	1	2	3	4	5	
I take very few risks.	1	2	3	4	5	
I am wary of new things, ideas and people.	1	2	3	4	5	
Exercise is important in my life.	1	2	3	4	5	
I dislike change of any sort.	1	2	3	4	5	
I eat well for good health.	1	2	3	4	5	
I must feel safe at all times.	1	2	3	4	5	
Maintaining my health is a priority for me.	1	2	3	4	5	
Having money to pay bills is a concern for me.	1	2	3	4	5	
	Total Score					

Love & Belonging	Rating Scale					Score
I enjoy time spent with other people.	1	2	3	4	5	
I participate in various groups.	1	2	3	4	5	
I dislike conflict.	1	2	3	4	5	
Relationships are important to me.	1	2	3	4	5	
I am mostly comfortable around people whom I know.	1	2	3	4	5	
I am happy when working with others as part of a team.	1	2	3	4	5	
I love romance and being intimate with my partner.	1	2	3	4	5	
It is important for me to show others I care for them.	1	2	3	4	5	
Being accepted by others is very important to me.	1	2	3	4	5	
I often turn to others for support.	1	2	3	4	5	
	Total Score					

Power	Rating Scale					Score
I have numerous skills and abilities.	1	2	3	4	5	
I often seek to do my best in what I do.	1	2	3	4	5	
I am competitive.	1	2	3	4	5	
I like being recognized for my accomplishments.	1	2	3	4	5	
I demand respect from those around me.	1	2	3	4	5	
Leaving a legacy is very important to me.	1	2	3	4	5	
I need to be right most of the times.	1	2	3	4	5	
I like being in control.	1	2	3	4	5	
Being the center of attention feels wonderful.	1	2	3	4	5	
I feel important and powerful when I have expensive things.	1	2	3	4	5	
	Total Score					

Freedom	Rating Scale					Score
I frequently question the rules.	1	2	3	4	5	
I become frustrated when I believe I don't have choices.	1	2	3	4	5	
I dislike being told what to do.	1	2	3	4	5	
I enjoy a lot of time to myself.	1	2	3	4	5	
I must do things my own way.	1	2	3	4	5	
I am creative.	1	2	3	4	5	
I like doing things on a moment's notice.	1	2	3	4	5	
Being independent is important to me.	1	2	3	4	5	
I enjoy change.	1	2	3	4	5	
I get frustrated when I feel restricted.	1	2	3	4	5	
	Total Score					

Fun	Rating Scale					Score
I laugh often.	1	2	3	4	5	
There are many hobbies I enjoy.	1	2	3	4	5	
Learning something new is enjoyable.	1	2	3	4	5	
Even when times are serious, I try to do fun things.	1	2	3	4	5	
I can turn drudgery into fun.	1	2	3	4	5	
Making other people laugh is my mission in life.	1	2	3	4	5	
I can make fun out of anything.	1	2	3	4	5	
I am playful.	1	2	3	4	5	
I am able to laugh at myself.	1	2	3	4	5	
Enjoying things and people are important to me.	1	2	3	4	5	
	Total Score					

Now that you've completed the Needs Assessment, what do you do with that information? You may have found that your score was higher in some of the categories than in others. Or, you may have scored right in the middle for all of them. Either way, this information will give you a good idea about the types of activities to add into your day to chase away those negative emotions that will inevitably appear.

Everything people do in life is driven by the five Basic Needs: Survival, Love & Belonging, Power, Freedom and Fun. Most often it's because one or more of those needs is deficient. One of the first steps to create a more fulfilling life is to make sure that these needs are being satisfied. You can do this purposefully or leave it to chance. Which road do you believe will have the better outcome?

Let's talk about how to use the results from your assessment to create that more fulfilling life.

If one or two categories stood out, that would give you a place to start. If you scored high in Love & Belonging, for example, you could make sure you're spending adequate time in activities that include other people. If you scored high in Freedom, then you could identify the activities that add constraints to your life and do something to loosen them.

If none of the categories were dominant, then look at the individual items. Start with the statements that you rated a "5". In the Power area, you may have rated this item high: "I often seek to do my best in what I do." If that's the case, think of something you may have let slide and focus some attention on it. Or, in the area of Fun, you may have rated this item high: "I can turn drudgery into fun." If you're struggling a bit, convert whatever is bringing you down into something more enjoyable.

Below are some examples of things you can add to your day to make sure your Basic Needs are being filled. They are listed by a specific need, but many of these activities will fill multiple needs. These suggestions may also help you to think of other things that are need-fulfilling for you. And, don't worry about which specific need is being satisfied. The category doesn't matter; how you feel when you do it does.

Remember, the suggestions below are just a small list of things that will help you get your needs met. Pay attention to whatever helps to put a smile on your face during the day and then add them to the list. Then, keep the list handy so you can refer to it during those rough days.

Survival

- Sign up for yoga classes.
- Talk to a financial planner to create a budget.
- Join a social media group that focuses on healthy eating.
- Work out with a personal trainer.





Love & Belonging

- Call a friend.
- Send a complimentary text to a loved one.
- Look through old pictures from a happier time.
- Take friends out to lunch for their birthdays.
- Join a networking group.
- Comment on friends' social media posts.
- Host a family holiday party.
- Volunteer at an independent living facility.

Power

- Organize your closet or pantry.
- Plan an upcoming trip.
- Do something you've been putting off.
- Learn a new language.
- Tackle a problem that's been bothering you.
- Create a new, positive habit.
- Do something you excel at.





Freedom

- Get a tattoo.
- Take a walk in a park.
- Do something you're not supposed to.
- Buy something you don't need.
- Negotiate flexible hours at work.
- Color your hair bright orange.
- Go skydiving.

Fun

Watch a silly movie.

Play video games.

Work a puzzle.

Go out dancing with friends.

Read a good book.

Get on the floor and play with your children.

Ride bikes through a park.



The list is endless as to the activities you can add to your day to make it brighter. It may take some time to discover exactly what it takes to help you feel fulfilled, but it's worth the effort. Start noticing the times when you are in a generally good mood. What are you doing? Can you put more of those activities into your day? Think of these as being your "vitamins" for sustained, good mental health.

Don't just let life happen; take an active role in designing the life of your dreams!