



Primal Human Needs Assessment

On the following pages there are planners for each 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

Need	The need to give and receive attention
Where I am now	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.
Where I'd like to be	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.
Steps to take	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 know I'll get there when	When I am spending at least 4-6 hours a week in the company of people other than my husband. And when I'm meeting more of my own friends once a week.

1 · The need for safety and security

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

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...

2 · The need to give and receive attention

STEPS TO TAKE	Fulfilled through <i>friends</i> <i>family</i> <i>colleagues</i> <i>pets</i> <i>acquaintances</i>	Where I am now...	Where I'd like to be...
	Now		I'll know I've got there when...
	Later		
	Future		



3 · The need to honour your mind-body connection

Fulfilled through
sleep
rest
exercise
healthy diet
fresh air
physical touch,
adequate health care

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...

4 · The need for purpose, goals, and meaning

STEPS TO TAKE	Fulfilled through <i>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</i>	Where I am now...	Where I'd like to be...
	Now		
	Later		
	Future		
			I'll know I've got there when...

Score

5 · The need for community and contribution

Fulfilled through
*belonging to a
community, association,
club, a group of like-
minded friends, even
family; just knowing
there are other people
'out there' who feel and
think the same as you do*

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...



6 · 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...

7 · 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...

8 · The need for a sense of control

STEPS TO TAKE	Fulfilled through <i>organizing finances</i> <i>controlling emotions</i> <i>being assertive in relationships</i> <i>making and acting on decisions</i> <i>learning practical skills</i> <i>devising long-term goals</i>	Where I am now... <div>Score</div>	Where I'd like to be...
	Now		I'll know I've got there when...
	Later		
	Future		



9 · The need for a sense of status and recognition

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...

Score

Where I'd like to be...

STEPS TO TAKE

Now

Later

Future

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