

How well are *your* innate emotional needs being met?

| | No 1 | 2 | 3 | Sometimes 4 | 5 | 6 | Yes 7 |
|--|---------|---|---|----------------|---|---|----------|
| Do you feel secure in all major areas of your life? | | | | | | | |
| Do you feel you receive enough attention? | | | | | | | |
| Do you think you give other people enough attention? | | | | | | | |
| Do you feel in control of your life most of the time? | | | | | | | |
| Do you feel part of the wider community? | | | | | | | |
| Can you get privacy when you need to? | | | | | | | |
| Do you have at least one close relationship in your life, where you feel totally accepted? | | | | | | | |
| Do you have status of some sort that is recognised? | | | | | | | |
| Are you achieving things and feel competent in at least one major area of your life? | | | | | | | |
| Are you stretched in ways that give you a sense of meaning and purpose? | | | | | | | |