

## HUMAN NEEDS TEST

Every statement must be graded as: "No," "Partly," or "Yes." Honestly grade each statement: "Yes," for "yes, this is really me." "Partly" for "this is partly how I am," and "No" for "This is probably not how I am." (If you don't know whether it applies, it's usually best to check "no.")

1. People are impressed by me. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
2. Feeling that I "belong" is important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
3. I need to feel grounded. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
4. I don't mind taking risks. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
5. I don't fear change. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
6. A failure is not a failure if you keep trying. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
7. I believe in giving back. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
8. I'm good at taking care of people. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
9. I often worry about what people are saying about me. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
10. I like to have as much stability in my life as possible. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
11. It's important to contribute to your community. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
12. I like to develop new ideas and projects. Yes \_\_\_\_\_  
Partly \_\_\_\_  
No \_\_\_\_\_
13. I'm security conscious. Yes \_\_\_\_\_

- Partly \_\_\_\_\_  
No \_\_\_\_\_
14. I like to be an example to others. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
15. I'm competitive. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
16. I hate the feeling of boredom. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
17. I know how to make connections with people. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
18. I constantly aspire to improve. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
19. Danger is never exciting to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
20. In most close relationships I'm usually the giver. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
21. There is always something new to be learned. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
22. I need to feel fulfilled. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
23. I frequently evaluate myself. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
24. I like for things to be predictable. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
25. I am more loving than most people. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
26. Recognition is very important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_

27. I like the feeling of exertion. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
28. I'm very careful of not over spending. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
29. Education is important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
30. I'm a leader. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
31. I'm always looking for new experiences. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
32. I sometimes over extend myself in trying to help people. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
33. My routines and habits are important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
34. I take pride in who I am. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
35. I like how learning something new changes my perspective. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
36. Sometimes the most important work is not what you're being paid for. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
37. I'm not an adventurous person. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
38. No one would say that I'm selfish. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
39. I tend to spend beyond my limits. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
40. I like to feel important. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_

41. Every failure is a learning experience. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
42. I like to learn in order to teach what I learn. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
43. I seek unity in my relationship. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
44. I like to make a difference. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
45. I refrain from acting when I'm not sure about all the consequences of my actions. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
46. I suffer when I feel blocked. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
47. I enjoy suspense. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
48. Prestige is very important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
49. I'm a romantic. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
50. I'm constantly learning. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
51. Giving is more important to me than receiving. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
52. I like to be Number 1. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
53. I hate taking risks of any kind. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
54. I like to constantly develop myself. Yes \_\_\_\_\_  
Partly \_\_\_\_\_

55. I like to give my time and energy to good causes. No \_\_\_\_\_  
Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
56. I like to be admired by others. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
57. I'm proud of my ability to learn new things. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
58. We are here to make this world a better place. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
59. I like to grow and develop in different areas. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
60. Personal relationships are the most important thing in my life. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
61. Sometimes I can be intimidating. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
62. I often look for new forms of entertainment. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
63. I'm concerned about anything that might be risky. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
64. Being fulfilled in your work is more important than being admired. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
65. I strive to improve my skills. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
66. I get close to people by being generous with money, time and energy. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
67. I like to think carefully before I go into action. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
68. Sometimes I like the thrill of experiencing fear. Yes \_\_\_\_\_

- Partly \_\_\_\_\_  
No \_\_\_\_\_
69. I need to feel respected. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
70. When we stop growing, we die. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
71. The feeling of togetherness is important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
72. For life to make sense, you have to leave a mark in the world. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
73. Feeling comfortable at all times is important to me. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
74. I enjoy being involved in many different activities. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
75. I'm always comparing myself to others in terms of success. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
76. I need to have passion in my relationship. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
77. If I'm not contributing to others, my life is meaningless. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
78. When making a decision, I often think about what might be more enjoyable. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
79. I can't stand to feel stagnant. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
80. I need to feel as safe as possible at all times. Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_
81. If I commit to something, I worry that something better might come along. Yes \_\_\_\_\_

82. I never want to be seen as a loser.

Partly \_\_\_\_\_  
No \_\_\_\_\_

Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_

83. I don't care about having much stability in my life.

Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_

84. I have a mission.

Yes \_\_\_\_\_  
Partly \_\_\_\_\_  
No \_\_\_\_\_