



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.”

	<u>Yes, No or Partly</u>
1 - People are impressed by me.	<hr/>
2 - Feeling that I belong is important to me.	<hr/>
3 - I need to feel grounded.	<hr/>
4 - I don't mind taking risks.	<hr/>
5 - I don't fear change.	<hr/>
6 - A failure is not a failure if you keep trying.	<hr/>
7 - I believe in giving back.	<hr/>
8 - I am good at taking care of people.	<hr/>
9 - I often worry about what people are saying about me.	<hr/>
10 - I like to have as much stability in my life as possible.	<hr/>
11 - It's important to contribute to your community.	<hr/>
12 - I like to develop new ideas and projects.	<hr/>
13 - I am security conscious.	<hr/>
14 - I like to be an example to others	<hr/>
15 - I am competitive.	<hr/>
16 - I hate the feeling of boredom.	<hr/>
17 - I know how to make connections with people.	<hr/>
18 - I constantly aspire to improve.	<hr/>
19 - Danger is never exciting to me.	<hr/>
20 - In most close relationships I am usually the giver.	<hr/>
21 - There is always something new to be learned.	<hr/>
22 - I need to feel fulfilled.	<hr/>
23 - I frequently evaluate myself.	<hr/>



- 24 - I like for things to be predictable.

- 25 - I am more loving than most people.

- 26 - Recognition is very important to me.

- 27 - I like the feeling of exertion.

- 28 - I am very careful of not over spending.

- 29 - Education is important to me.

- 30 - I am a leader.

- 31 - I am always looking for new experiences.

- 32 - I sometimes over extend myself trying to help people.

- 33 - My routines and habits are important to me.

- 34 - I take pride in who I am.

- 35 - I like how learning something new changes my perspective.

- 36 - Sometimes the most important work is not what you're being paid for.

- 37 - I am not an adventurous person.

- 38 - No one would say that I am selfish.

- 39 - I tend to spend beyond my limits.

- 40 - I like to feel important.

- 41 - Every failure is a learning experience.

- 42 - I like to learn in order to teach what I learn.

- 43 - I seek unity in my relationship.

- 44 - I like to make a difference.

- 45 - I refrain from acting when I am not sure about all of the consequences of my actions.

- 46 - I suffer when I feel blocked.

- 47 - I enjoy suspense.

- 48 - Prestige is very important to me.

- 49 - I am a romantic.

- 50 - I am constantly learning.

- 51 - Giving is more important than receiving.



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| 52 - I like to be number 1. | <hr/> |
| 53 - I hate taking risks of any kind. | <hr/> |
| 54 - I like to constantly develop myself. | <hr/> |
| 55 - I like to give my time and energy to good causes. | <hr/> |
| 56 - I like to be admired by others. | <hr/> |
| 57 - I am proud of my ability to learn new things. | <hr/> |
| 58 - We are here to make this world a better place. | <hr/> |
| 59 - I like to grow and develop in different areas. | <hr/> |
| 60 - Personal relationships are the most important thing in my life. | <hr/> |
| 61 - Sometimes I can be intimidating. | <hr/> |
| 62 - I often look for new forms of entertainment. | <hr/> |
| 63 - I am concerned about anything that might be risky. | <hr/> |
| 64 - Being fulfilled in your work is more important than being admired. | <hr/> |
| 65 - I strive to improve my skills | <hr/> |
| 66 - I get close to people by being generous with money, time and energy. | <hr/> |
| 67 - I like to think carefully before I go to action. | <hr/> |
| 68 - Sometimes I like the thrill of experiencing fear. | <hr/> |
| 69 - I need to feel respected. | <hr/> |
| 70 - When stop growing, we die. | <hr/> |
| 71 - The feeling of togetherness is important to me. | <hr/> |
| 72 - For life to make sense, you have to leave a mark in the world. | <hr/> |
| 73 - Feeling comfortable at all times is important to me. | <hr/> |
| 74 - I enjoy being involved in many different activities. | <hr/> |
| 75 - I am always comparing myself to others in terms of success. | <hr/> |
| 76 - I need to have passion in my relationship. | <hr/> |
| 77 - If I am not contributing to other, my life is meaningless. | <hr/> |
| 78 - When making a decision, I often think what might be more enjoyable. | <hr/> |
| 79 - I can't stand to feel stagnant. | <hr/> |
| 80 - I need to feel as safe as possible at all times | <hr/> |



- 81 - If I commit to something, I worry that something better might come along.
- 82 - I never want to be seen as a loser.
- 83 - I don't care about having much stability in my life.
- 84 - I have a mission.
