



PSYCHOLOGICAL NEEDS WORKSHEET

1. Below is a list of common psychological needs that have been identified by psychologists and individuals to be important to theory psychological health and happiness. Go through the list and read each need. Circle each need that you feel is important to you. There is no minimum or maximum number of needs that you have to identify, so circle as many as apply to you. If you feel a need has been missed, make sure to add it to the list!

accepted	empowered	noticed	spontaneity
accepting	family	open	stability
accomplished	focused	optimistic	status
achievement	forgiven	order	successful
acknowledged	forgiving	personal growth	supported
admired	friendship	power	treated fairly
affection	free	privacy	trust
affiliation	free-time	productive	understanding
alive	fulfilled	protected	understood
amused	happy	proud	useful
appreciated	heard	reassured	valued
appreciative	helped	recognized	wisdom
approved of	helpful	relationships	work
attention	honesty	relaxed	worthy
autonomy	important	reputation	
belonging	in control	respected	
capable	included	responsibility	
challenged	independent	safe	
competence	intimacy	satisfied	
conscientiousness	interested	secure	
confident	knowledge	self-actualization	
control	limits	self-esteem	
developed	listened to	sex	
dominance	loved	significant	
educated	needed	spirituality	

2. Next, it is important to define what that need means to you, as well as how you can work to achieve it. For example, if intimacy is an important need, what does it mean to you? Is it a simple hug of affection, is it lying in bed with your partner, is it sexual intercourse, all of these, etc.? It is important to define each need because people can vary in what a need means to them. Furthermore, once you have defined the need, it will help you identify ways to have the need fulfilled.

Need: _____ Definition: What does this need mean to me?

What behaviour can I engage in to get this need satisfied?

Need: _____ Definition: What does this need mean to me?

What behaviour can I engage in to get this need satisfied?

Need: _____ Definition: What does this need mean to me?

What behaviour can I engage in to get this need satisfied?

Need: _____ Definition: What does this need mean to me?

What behaviour can I engage in to get this need satisfied?

Need: _____ Definition: What does this need mean to me?

What behaviour can I engage in to get this need satisfied?

