

NEEDS FULFILLMENT SELF ASSESSMENT

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While some people feel guilty pursuing their own needs, I believe it is our personal responsibility to do so. I define responsibility as meeting one's needs without interfering with others' meeting their needs or breaking the law. See how well you are meeting yours.

A= Very Satisfied (no frustration) B=Mostly Satisfied C=OK D=Mostly Unsatisfied E=Very Dissatisfied (large frustration)

Security	How is my sense of safety?	Physical Emotional Financial	A B C D E A B C D E A B C D E	Overall rank
Love	Do I have relationships which meet my needs for affection, attention, sharing, cooperation, etc.?	Spouse Children Mother Father Sister Brother Friends _____	A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E	Overall, I would rank my love/ belonging needs as A B C D E
Belonging	List organizations, clubs, or groups in which I feel affection, inclusion, and belonging _____ _____ _____ _____	Work	A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E	
Power (Mastery, Competence, Significance, Making a difference, Importance)	Who listens to me, agrees with me, and follows my ideas? Who recognizes my abilities? Who compliments me on my accomplishments? What else would you use as a measure of your power? _____ _____ _____	Boss Coworker Spouse Children Parents Friends Self _____ _____	A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E A B C D E	Overall, I would rate my power needs as A B C D E
Fun	Do I laugh enough? Do I engage in learning to enjoy myself? List fun activities I do with others: _____ _____ _____ List fun activities I do alone: _____ _____ _____	A B C D E A B C D E	How many times/day or week? _____ _____ _____ How many times/day or week? _____ _____ _____	Overall, I would rank my fun needs as A B C D E
Freedom	Do I do what I want without feeling controlled? Am I free to express without feeling criticized? Do I spend my time the way I want? Do I spend my money the way I want? Do I feel like I run my own life, or like I let other's down?	A B C D E A B C D E A B C D E A B C D E A B C D E		Overall, I would rate my freedom needs as A B C D E

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com