6 Human Needs Test

For each statement reply with: “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. Its 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 habits and routines 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 I am 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__ No_____
55. I like to give my time and energy to good causes. 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 safe as possible at all times. Yes_____ Partly__ No_____
81. If I commit to something, I worry that something better might come along.
Yes_____ Partly__ No_____
82. I never want to be seen as a loser. 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_____