

Basic Needs








There are 5 basic needs that **EVERYBODY** has. They are:

- ✓ Survival
- ✓ Love
- ✓ Power
- ✓ Freedom
- ✓ Fun

To have a balanced life we strive to meet all of the needs.

The need for survival is the most basic need and is number one for everyone. However, if our need for survival is taken care of, we all have one need that is **MOST** important to **US**. (Love, Power, Freedom or Fun) This will be different for everyone.

Read the following pages and take the Needs Inventory to determine what need might be most important to you.

| | | | | |
|--|--|---|---|---|
| <p>Survival</p>  | <p>Love</p>  | <p>Power</p>  | <p>Freedom</p>  | <p>Fun</p>  |
| <p>Food Clothing Rest Shelter Safety Health</p> | <p>Belonging Caring Sharing Cooperating Accepting Joining Affection</p> | <p>Achievement Self Control Importance Significant Capable Competition Leadership</p> | <p>Choice Flexibility Change Creativity Travel</p> | <p>Play Humour Joy Pleasure Excitement Enthusiasm</p> |
| <p>Survival Needs Can be Met Through:</p> | <p>Love Needs Can be Met Through:</p> | <p>Power Needs Can be Met Through:</p> | <p>Freedom Needs Can be Met Through:</p> | <p>Fun Needs Can be Met Through:</p> |
| <p>Eating Sleeping Exercise Saving Protecting</p> | <p>Family Friends Groups Clubs Teachers Counsellors</p> | <p>Projects Hobbies School Work Being Strong Positive choices Working</p> | <p>Variety Free time Getting space Independence Holidays</p> | <p>Playing Trying new things Challenge Jokes Learning</p> |

Needs Inventory



Directions: For each statement circle the response that best fits.

| | Not true | Sometimes | True |
|---|----------|-----------|------|
| 1. I love to make friends | 1 | 3 | 5 |
| 2. It's easy for me to talk to anyone | 1 | 3 | 5 |
| 3. I like to talk on the phone | 1 | 3 | 5 |
| 4. I like to work with other people | 1 | 3 | 5 |
| 5. I spend a lot of time with people | 1 | 3 | 5 |
| 6. I want people to like me | 1 | 3 | 5 |
| 7. I want people to be proud of me | 1 | 3 | 5 |
| 8. What my friends think about me is important | 1 | 3 | 5 |
| 9. I prefer working with a group to working alone | 1 | 3 | 5 |
| 10. I like meeting new people | 1 | 3 | 5 |
| Total | | | |

| | Not true | Sometimes | True |
|--|----------|-----------|------|
| 11. I don't like making mistakes | 1 | 3 | 5 |
| 12. I like to watch others before I try something new | 1 | 3 | 5 |
| 13. I don't like change | 1 | 3 | 5 |
| 14. I want my desk or room kept neat | 1 | 3 | 5 |
| 15. I want to be very good at what I do | 1 | 3 | 5 |
| 16. How I look is important to me | 1 | 3 | 5 |
| 17. I worry about trying new things | 1 | 3 | 5 |
| 18. I like to be "right" | 1 | 3 | 5 |
| 19. I like to organize activities | 1 | 3 | 5 |
| 20. It bothers me if things aren't the way I want them to be | 1 | 3 | 5 |
| Total | | | |



| | Not true | Sometimes | True |
|--|----------|-----------|------|
| 21. I like to have choices | 1 | 3 | 5 |
| 22. I am an active person | 1 | 3 | 5 |
| 23. Sitting at school is hard for me | 1 | 3 | 5 |
| 24. I don't like to read for a long time | 1 | 3 | 5 |
| 25. I love to try new things | 1 | 3 | 5 |
| 26. I will play alone if I feel like it | 1 | 3 | 5 |
| 27. What I wear doesn't matter to me | 1 | 3 | 5 |
| 28. I would do something even if my friend doesn't want to | 1 | 3 | 5 |
| 29. I don't like being told what to do | 1 | 3 | 5 |
| 30. Being neat and tidy doesn't matter to me | 1 | 3 | 5 |
| Total | | | |

| | Not true | Sometimes | True |
|---|----------|-----------|------|
| 31. I laugh a lot | 1 | 3 | 5 |
| 32. I have collections | 1 | 3 | 5 |
| 33. I like to tell jokes | 1 | 3 | 5 |
| 34. I like to make people laugh | 1 | 3 | 5 |
| 35. People think I am goofy | 1 | 3 | 5 |
| 36. I like to play games | 1 | 3 | 5 |
| 37. I find a lot of things funny | 1 | 3 | 5 |
| 38. I think school is fun | 1 | 3 | 5 |
| 39. I like to sing/dance along to music | 1 | 3 | 5 |
| 40. People think I am funny | 1 | 3 | 5 |
| Total | | | |

Totals: Add up the circled numbers in each section. Record in the boxes below.
(Make sure you re-check your addition)

| Box one # 1 - 10 | Box two #11 - 20 | Box three #21 - 30 | Box four #31 - 40 |
|------------------|------------------|--------------------|-------------------|
| | | | |

Please see the following page to help you determine what need may be most important to you

If your highest total was in Box One this indicates that your most important need may be:

Love



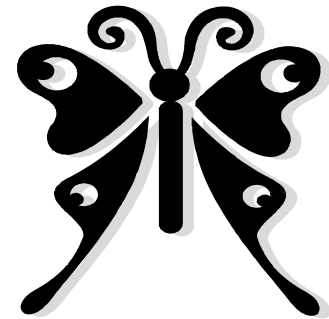
If your highest total was in Box Two this indicates that your most important need may be:

Power



If your highest total was in Box Three this indicates that your most important need may be:

Freedom



If your highest total was in Box Four this indicates that your most important need may be:

Fun

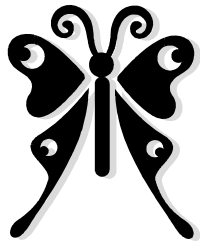




- If your strongest need is **LOVE** you might find that:
- It is very important that you are liked
 - You are very socialable with adults
 - You work hard for the teacher
 - You enjoy group projects



- If your strongest need is **POWER** you might find that:
- You want to be in control
 - You like to observe things before you try them
 - You are bothered when you make a mistake
 - You are very organized



- If your strongest need is **FREEDOM** you might find that:
- You want choices
 - You need to move around
 - You love to experiment
 - You are willing to try new things



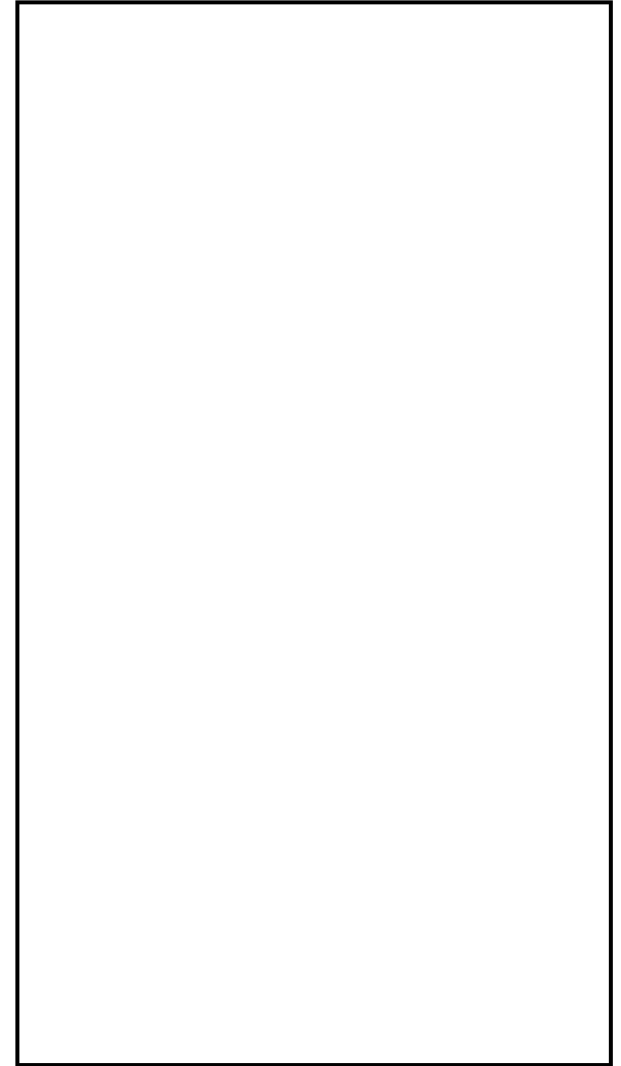
- If your strongest need is **FUN** you might find that:
- You want to enjoy school
 - You have good concentration
 - You love to play games
 - You like to collect things
 - You are amusing even when you are misbehaving

Following are four examples of students trying to meet their needs. However in an effort to meet their own needs they are getting in trouble or harming others. Read each example and explain how they might meet their needs in a positive way.

Behaviour: Hitting someone who insulted you.

Need: POWER (Standing up for yourself)

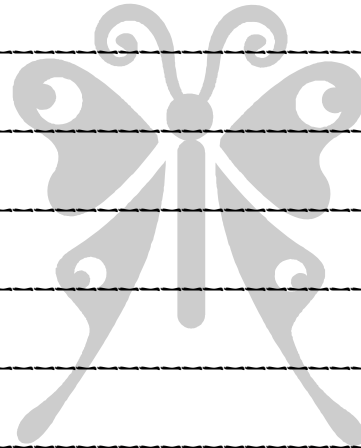
Is there a way to meet the need for POWER without being violent? Explain.



Behaviour: Being disruptive in class.

Need: FREEDOM (Get off my case!)

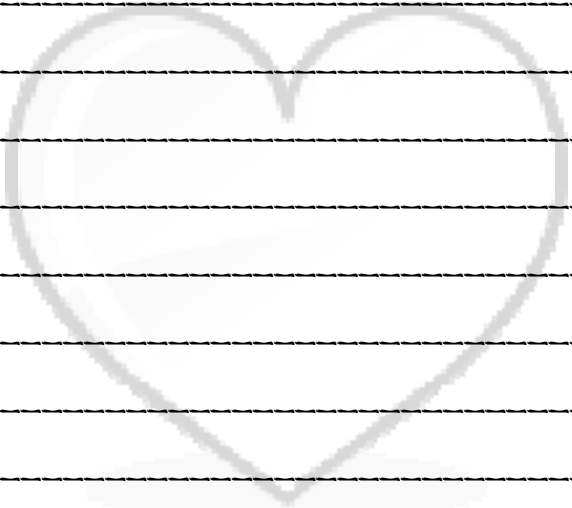
Is there a way to meet the need for FREEDOM without disrupting everyone's learning? Explain.



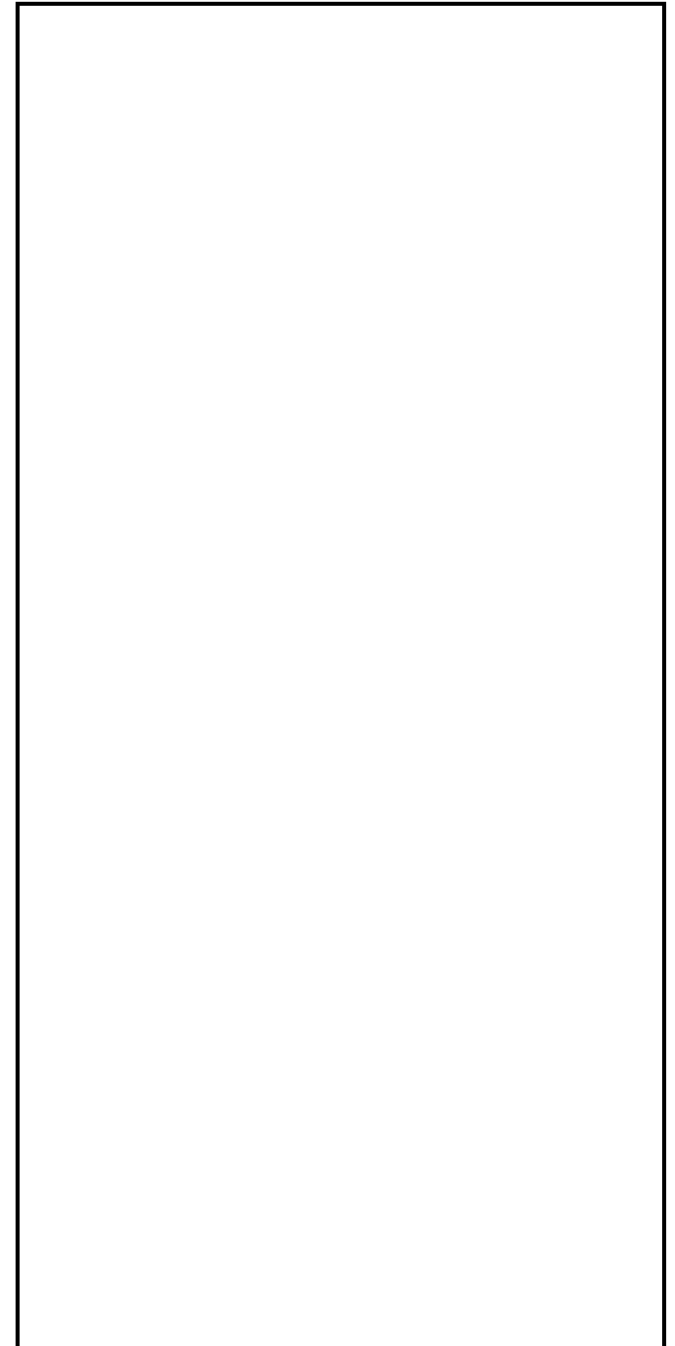
Behaviour: Spreading rumours about a classmate.

Need: LOVE (If I criticize someone else maybe others will like me more)

Is there a way to meet your need for LOVE without damaging someone else's reputation?



A set of horizontal dashed lines for writing, with a large, faint heart outline centered in the middle.



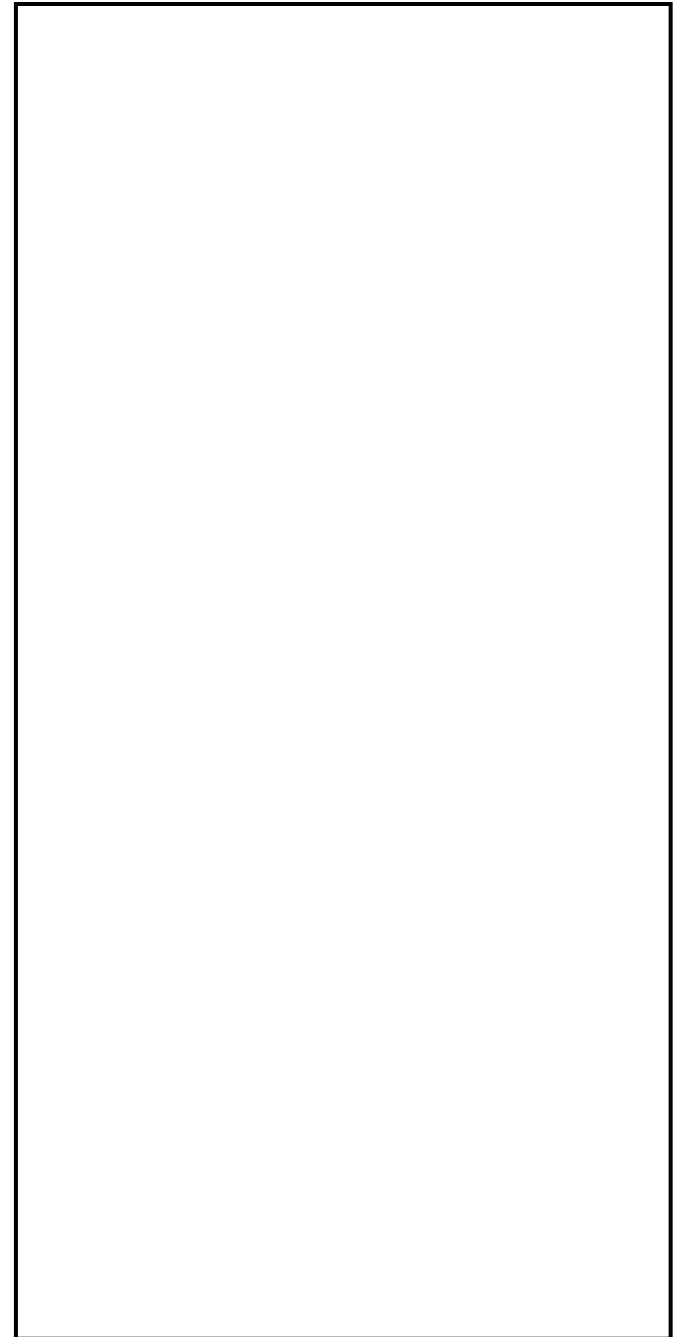
A large empty rectangular box for drawing or additional notes.

Behaviour: Tripping someone when they are walking down the hallway at school.

Need: FUN (Just kidding around!)

Is there a way to meet the need for FUN without harming other people?

Handwriting practice lines consisting of 12 horizontal lines, each with a dashed midline. A faint watermark of a smiling face is visible in the center of the page.



All behaviour has a purpose. It is usually because you are trying to meet one of your needs **OR** trying to avoid something.

Can you determine what need you are trying to meet by using drugs and/or alcohol? **OR**
What you are trying to avoid by using drugs and/or alcohol?

Is there a way you can meet your need for _____ in a way that is not harmful to you or anyone else?
