



Basic Needs Intensity

An assessment based in Dr. William Glasser's Choice Theory

Instructions:

Complete all numbers from each section below by ranking the intensity on a scale from 1-5, 1 being the LEAST important to you and 5 being MOST important to you. This is a personal perception of your life.

Note: Circle only 1 number per line.

Importance to you

Section I

- | | LEAST | | | | MOST |
|---|-------|---|---|---|------|
| 1. I am most comfortable in working with people just like me. | 1 | 2 | 3 | 4 | 5 |
| 2. It's more important to save money for the future than spend it today. | 1 | 2 | 3 | 4 | 5 |
| 3. I want a safe and secure job. | 1 | 2 | 3 | 4 | 5 |
| 4. It is more important to earn a lot of money than to like what I do. | 1 | 2 | 3 | 4 | 5 |
| 5. I believe my employer should provide good health insurance and gym membership. | 1 | 2 | 3 | 4 | 5 |

Section II

- | | | | | | |
|--|---|---|---|---|---|
| 1. I place great value on friendships. | 1 | 2 | 3 | 4 | 5 |
| 2. I like having a job where I'm part of a team. | 1 | 2 | 3 | 4 | 5 |
| 3. I want my job to involve interaction with people. | 1 | 2 | 3 | 4 | 5 |
| 4. I enjoy becoming friends and socializing with co-workers. | 1 | 2 | 3 | 4 | 5 |
| 5. I take action to help others-even those I don't know. | 1 | 2 | 3 | 4 | 5 |

Section III

- | | | | | | |
|---|---|---|---|---|---|
| 1. I want a job where I can learn and gain new skills. | 1 | 2 | 3 | 4 | 5 |
| 2. I feel best about myself when I'm productive and good at my job. | 1 | 2 | 3 | 4 | 5 |
| 3. I enjoy being recognized for my achievements. | 1 | 2 | 3 | 4 | 5 |
| 4. I like to be in charge. | 1 | 2 | 3 | 4 | 5 |
| 5. I am competitive and love to win. | 1 | 2 | 3 | 4 | 5 |

Section IV

- | | | | | | |
|--|---|---|---|---|---|
| 1. I want to do what I want, when I want to do it. | 1 | 2 | 3 | 4 | 5 |
| 2. I want to express my creativity on the job. | 1 | 2 | 3 | 4 | 5 |
| 3. I value having options in what I do. | 1 | 2 | 3 | 4 | 5 |
| 4. I want a lot of independence on the job. | 1 | 2 | 3 | 4 | 5 |
| 5. I will take less pay for more freedom. | 1 | 2 | 3 | 4 | 5 |

Section V

- | | | | | | |
|--|---|---|---|---|---|
| 1. I love to explore new things. | 1 | 2 | 3 | 4 | 5 |
| 2. I believe it's important to laugh and have fun at work. | 1 | 2 | 3 | 4 | 5 |
| 3. I have a great sense of humor if I do say so myself. | 1 | 2 | 3 | 4 | 5 |
| 4. I have many interests, activities and/or hobbies. | 1 | 2 | 3 | 4 | 5 |
| 5. I am fun, spontaneous and impulsive. | 1 | 2 | 3 | 4 | 5 |



Calculate *Your* Score

Instructions:

Add the total scores from each section for your **Section Totals**.

	Section Total:	Example:
Section I: Survival	_____	15
Section II: Love & Belonging	_____	5
Section III: Power/Competence	_____	10
Section IV: Freedom/Independence	_____	15
Section V: Fun	_____	20

Next...

transfer **Section Totals** to the **Basic Needs Intensity Survey Results** worksheet as shown in red:

