



CHAPTER 6 WORKSHEET: NEEDS

Maslow's Hierarchy of Needs

I have been working on my personal list of needs for several years now so don't expect to get this all at once, becoming aware is the first step. Think of words that you or others in your life have used over the years to describe you. For example, I have always said I must be challenged. I have freedom tattooed on my back. These driving needs were obvious to me. Here is a list of words that are typically used to describe driving needs:

Control	Freedom	Creativity	Drama	Power	Contribution	
Challenge		Intimacy	Connection	Attention	Autonomy	Harmony
Recognition		Passion	Intensity	Justice	Curiosity	Variety
Adventure		Excitement	Nurturing	Accomplishment		

Choose words that speak to you the most, from the list or add your own. Now you may look at the list and say 'I'm all of these' and you probably are to a certain extent. Try to choose the words that describe who you are at your core. If you don't know what drives you, ask yourself the following questions:

When you are in a situation and you are not feeling that you are winning in your life, fighting with your partner, working while your family is at a picnic or over eating/working/exercising, ask yourself, "what driving need could I be getting met destructively here?"

When you are in that place of being totally immersed in what you are currently doing, it could be sky diving, doing a crossword or having coffee with a friend, ask yourself, "what need am I getting met constructively here?"

As we are always getting our driving needs met, whether constructively or destructively, both situations are great places to ask yourself as you look for clues to uncover your unique driving needs. Once you have selected your list (you can always change it later), write ways that you currently get those needs met, either constructively or destructively.

Celebrate the ways you are getting your needs met constructively, and challenge yourself to change destructive ways into constructive.

For more information on Abraham Maslow's theories, a quick library or internet search will access numerous resources, with illustrations of his pyramid of needs.