

9 Basic Human Needs

Worksheet based on the article by Barbara Taylor

<http://www.itstime.com/jun97.htm>

Expansion: Needs to build and grow, to create an empire. Recognizes value and vision.

High _____ Medium _____ Low _____

Exchange: Works well with others to share values. Likes to see things 'moving'.

High _____ Medium _____ Low _____

Power: Strong leadership tendencies. Tend to be good organizers and accept leadership positions.

High _____ Medium _____ Low _____

Expression: Needs to express self, ideas, beliefs & artistic abilities with words, art or computers.

High _____ Medium _____ Low _____

Freedom: Resists rules and long term commitments. Wants independence and spontaneity.

High _____ Medium _____ Low _____

Acceptance: Friendly and tolerant. Smiling and whistling is normal. Needs a sense of belonging.

High _____ Medium _____ Low _____

Community: Likes to be around other people. Nurturing and helpful. Maintains many relationships.

High _____ Medium _____ Low _____

Security: Asks lots of questions and demands more information. Wants to know plans ahead of time.

High _____ Medium _____ Low _____

Adventure: Always looking for a new way of doing things. Needs BIG experiences and travel.

High _____ Medium _____ Low _____