

Getting Your Needs Met Assessment Form

Part A: As a Child and Adolescent

Need	Get need met? (Yes or No)	How did you get need met?
1. Food/Nutrition		
2. Sleep/Rest		
3. Movement and Exercise		
4. Safety, Shelter		
5. Touching, Safe, nurturing skin contact		
6. Harmony & Order		
7. Acceptance. (Others are aware of, take seriously & admire the Real you)		
8. Community		
9. Consistency		
10. Affection/Warmth		
11. Opportunity to grieve & grow		
12. Companionship & Friendship		
13. To know and be Known - Understanding		
14. Play, Fun or Humour		
15. Guidance or Mentorship		
16. Accomplishment, A felt sense of Mastery, Competence, Power, or making a contribution.		
17. Sexuality -including open discussions & age appropriate understanding.		
18. Discovery and Purpose		
19. Independence, Choice, Freedom		
20. Self-Expression		
21. Alerting one's state of consciousness, transcending the ordinary. Connection with a Higher Power)		

Personal NOTES:

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Part B: As an Adult (Presently)

Need	Get need met? (Yes or No)	How did you get need met?
1. Food/Nutrition		
2. Sleep/Rest		
3. Movement and Exercise		
4. Safety, Shelter		
5. Touching, Safe, nurturing skin contact		
6. Harmony & Order		
7. Acceptance. (Others are aware of, take seriously & admire the Real you)		
8. Community		
9. Consistency		
10. Affection/Warmth		
11. Opportunity to grieve & grow		
12. Companionship & Friendship		
13. To know and be Known - Understanding		
14. Play, Fun or Humour		
15. Guidance or Mentorship		
16. Accomplishment, A felt sense of Mastery, Competence, Power, or making a contribution.		
17. Sexuality -including open discussions & age appropriate understanding.		
18. Discovery and Purpose		
19. Independence, Choice, Freedom		
20. Self-Expression		
21. Alerting one's state of consciousness, transcending the ordinary. Connection with a Higher Power)		

Personal NOTES: