



# Uncork Your Mind

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## Your Basic Human Needs Profile

- For each ROW of word clusters, assign a 5, 4, 3, 2 or 1 next to each word group. A 5 represents the word group which is most important to you; 4 would be the next; 3 next; 2 next; and 1 would be the least important to you.
- You must use all five numbers in each row.
- When finished, add up each column and you will discover your primary and subordinate Basic Human Needs.

### My Basic Human Needs Profile

→	Relationships Friends Co-operation _____	Achievement Goals Purpose _____	Autonomy Self-Reliance Free-Will _____	Play Pleasure Enjoyment _____	Safety Comfort Shelter _____
→	Networking Family Communication _____	Growth Strength Control _____	Independence Space Novelty _____	Laughter Joyful Amusement _____	Neat Order Procedures _____
→	Feelings Sympathetic Helpful _____	Learning Competitive High Standards _____	Freedom Change Choices _____	Games Humour Fun _____	Health Careful Security _____
→	Pets Kind Warm _____	Recognition Being listened to Winning _____	Adventurous Risk Outdoors _____	Spontaneous Lively Easy Going _____	Dependable Punctual Responsible _____
→	Understanding Giving Nurturing _____	Challenges Skilful Work _____	Achieve Travel Liberty _____	Wit Exploring Variety _____	Stable Tradition Investment _____
	<b>TOTAL</b> _____ (Love & Belonging)	<b>TOTAL</b> _____ (Power or Empowerment)	<b>TOTAL</b> _____ (Freedom)	<b>TOTAL</b> _____ (Fun)	<b>TOTAL</b> _____ (Survival)

**My Highest Basic Human Need:** \_\_\_\_\_

**2nd** \_\_\_\_\_

**3rd** \_\_\_\_\_

**4th** \_\_\_\_\_

**Lowest:** \_\_\_\_\_