



Creating Magic in Your Life: Coach Yourself to Success

Handout #2: Personal/Emotional Needs Inventory - Condensed

Instructions: Read the scenarios below. If the situation rings true for you, circle the corresponding need that most resonates with you. You are looking for the underlying need that drives the behavior. A need is a requirement for you to feel satisfied in life. Our needs are not optional. If your core personal and emotional needs aren't fulfilled, you will have a hard time being your best and may find you become cranky, irritable, annoyed, depressed, sad, apathetic, resentful, angry, etc.

1. While some people seem to thrive on noise and chaos, you really can't think clearly or work effectively in a noisy environment.
a- Need for peace/harmony/balance b- Does not apply
2. People don't take what you say seriously.
a - Need to be heard/communicate b- Does not apply
3. You always have to have the remote control.
a- Need to be in control/power b - Does not apply
4. You can't stand it when someone else takes credit for what you've done.
a- Need to be recognized/appreciated/acknowledged b- Does not apply
5. You get furious/hurt/angry or disappointed if you find out your friends make plans without inviting you, even if you know you can't attend. You still want to be invited regardless.
a- Need to be included/liked b- Does not apply
6. You have plenty of money in the bank, but you still don't feel secure. It is never enough somehow.
a- Need for security/safety b- Does not apply
7. You find it hard to do nothing and prefer, even when on vacation, to work on some project or another.
a- Need to be useful/needed b- Does not apply
8. If you don't have at least ten minutes of quiet time a day to yourself, the rest of the day is off kilter.
a- Need for peace/balance/be alone b- Does not apply
9. You can't sleep at night unless you've checked to make sure all the doors are locked.
a- Need for safety/security b- does not apply
10. You feel compelled to always do the right thing, no matter what.
a- Need for honesty/integrity b- Does not apply
11. You would never eat at a restaurant where the service was lousy, even though the food was superb.
a- Need to be cared for/attended to/supported b- Does not apply
12. You can't stand being wrong.
a- Need to be right/perfection/order b- Does not apply
13. You go the extra mile when you have someone to encourage you.
a- Need to be supported/encouraged b- Does not apply
14. Puns annoy you.
a- Need for clarity/certainty b- Does not apply



15. You prefer to give rather than receive presents because you don't like to feel obligated.
a- Need to be independent/free b- Does not apply
16. You refuse to take money from your friends or family, even though it would make your life easier.
a- Need to be independent/free b- Does not apply
17. If an error occurs, you quickly take responsibility, even if you were only partially at fault or not at fault.
a- Need for duty/responsibility b- Does not apply
18. You always go above and beyond the call of duty at both work and social occasions.
a- Need to be needed/indispensable/serve b- Does not apply
19. You tend not to speak up at a party if you know your views would cause an argument.
a- Need to be approved of/liked b- Does not apply
20. At holidays and other family gatherings, you get exhausted by the socializing and usually need to go out for a walk alone or leave the room to read a book or watch TV.
a- Need for peace/balance/be alone b- Does not apply
21. You don't like it when people touch you, even though you know they mean well or are just trying to comfort you.
a- Need to be in control b- Does not apply
22. You love getting and giving hugs; you frequently reach out to touch someone's hand or arm, especially if they are feeling sad or hurt.
a- Need to be touched/held b- Does not apply
23. When you throw a party or event, you always make sure to include everyone. You know how horrible it is to be left out.
a- Need to be accepted/included b- Does not apply
24. If you make a mistake, you take it very hard, even personally.
a- Need to be right/perfection/order b- Does not apply
25. You need people to be perfectly clear and can't stand it when they mumble or ramble on.
a- Need for clarity b- Does not apply
26. When traveling, you pack all the comforts of home. In fact, you'd rather not travel if you can't be comfortable.
a- Need for comfort/luxury b- Does not apply
27. You don't respect people who are disorganized or messy.
a- Need for order/perfection b- Does not apply
28. You must do your duty to your church, family, and country.
a- Need for duty/responsibility b- Does not apply
29. You always tell the truth, even though it might be easier or better not to.
a- Need for honesty/integrity b- Does not apply
30. You make a concerted effort to fit in, regardless of the situation.
a- Need to be accepted/liked/approved of/included b- Does not apply
31. You play full out to win. You don't let others beat you if you can help it.
a- Need to win/be the best b- Does not apply
32. You prefer to drive, even if it isn't your car.
a- Need for control/power b- Does not apply