

How well are *your* innate emotional needs being met?

	No 1	2	3	Sometimes 4	5	6	Yes 7
Do you feel secure in all major areas of your life?							
Do you feel you receive enough attention?							
Do you think you give other people enough attention?							
Do you feel in control of your life most of the time?							
Do you feel part of the wider community?							
Can you get privacy when you need to?							
Do you have at least one close relationship in your life, where you feel totally accepted?							
Do you have status of some sort that is recognised?							
Are you achieving things and feel competent in at least one major area of your life?							
Are you stretched in ways that give you a sense of meaning and purpose?							