

Psychological Needs Survey

Name:

Date:

Person Completing the Survey:

Category of Psychological Need

Attention:

Fill in the blanks:

1. When I have a problem this is who I talk to: _____

2. When I feel lonely this is who I would like to see: _____

3. This is who makes me feel better when I am down: _____

4. How true are these statements:

A. I feel lonely a lot of the time:

Very True _____ A little True _____ Not True _____

B. I wish I had someone to talk to more:

Very True _____ A little True _____ Not True _____

C. I wish that staff would talk to me more:

Very True _____ A little True _____ Not True _____

D. I like to be left alone a lot:

Very True _____ A little True _____ Not True _____

E. I wish I were alone more:

Very True _____ A little True _____ Not True _____

F. I have a lot of friends:

Very True _____ A little True _____ Not True _____

G. I wish I had more friends:

Very True _____ A little True _____ Not True _____

H. I wish that I could see my friends more:

Very True _____ A little True _____ Not True _____

Escape/ Choice

Fill in the blanks:

1. The thing I most want to change in my life right now is: _____

2. The thing I would most like a break from is: _____

3. I wish I could tell someone about what I really want which is: _____

4. I would really like to have more choices about: _____

5. I would like more breaks from: _____

6. Work would be more fun if: _____

7. I would like my home better if: _____

8. The best way for me to get out of something that I don't want to do is:

Emotional Communication

1. Name all the words you know that describe emotions:

2. When someone has made you feel stupid or silly what is the feeling that you have?

3. When someone has hurt you or taken something away from you how do you feel?

4. When someone has something that you don't have what do you feel when you see them with it? _____

5. When you really love someone and see them in danger of getting hurt how do you feel? _____

6. What feelings make you do things that you feel sorry about?

7. What do you do with your angry feelings?

8. When you are really upset what do you do?

9. Who do you talk to when you have to get your feelings out?

10. How often do you talk to that person?

11. Would you like to talk more to that person? Yes _____ No _____.

12. What feeling bothers you the most?

13. Tell me about a time when you handled a feeling of anger in a really good way?

14. What do you usually do when you feel sad?

Stimulation

1. If you think about your whole day name the times in the day that you are bored:

2. What do you really hate to do?

3. Name something that people around you like but that you find boring:

4. What is it that you do not get to do that you would really like to do?

5. What do you wish you got to do more of?

6. What do you like to watch on TV the most? _____

7. Are you able to watch what you like on TV? _____ Often or only
sometimes? _____

8. If you were a staff person what would you do more of in the house?

9. If you were a staff person what would you do more of at home?

10. What would you like your staff to let you do more?
