

# CORE NEEDS Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*The reason why we experience positive and negative emotions stems from our success or failure in fulfilling our core human needs. Below is an assessment of the 5 Core Needs for yourself and your partner.*

*Please take your time and be honest with yourself. Sharing it with your partner can be enlightening ~ a key to understanding why they are upset and unhappy sometimes and deeply fulfilled at other times.*

## How fulfilled am I?

Please rate below ---> (0 = empty, 10 = brimming full)

RATE TOP = 1 Least = 5	<b>CORE NEEDS:</b>	In my <i>relationship</i>	In my _____ (work or other area)	<b>OVER- -ALL</b>
	<b>TRUST</b> <i>Safe, secure &amp; resilient</i>			
	<b>FREEDOM</b> <i>Fun and autonomy to explore</i>			
	<b>POWER</b> <i>Able to influence self &amp; others</i>			
	<b>CONNECTION</b> <i>Feeling close and accepted</i>			
	<b>RECOGNITION</b> <i>Being seen, heard and valued.</i>			

# How fulfilled is my PARTNER?

You can guess or you can ask them.

If you guess first, good for you for doing so. Now go back and ask them afterwards to see how accurate (or not) you were.

Please rate below ---> (0 = empty, 10 = brimming full)				
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	<b>TRUST</b> <i>Safe, secure &amp; resilient</i>			
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	<b>RECOGNITION</b> <i>Being seen, heard and valued.</i>			

PS - It's not our job to meet all of our partner's needs all of the time. Yet, it is wise, generous and loving of us to discover their needs and learn ways to help them to feel more fulfilled. It is also strategic and self-serving of us to do so as when our partner is fulfilled, they are more able and willing to help fill our bowls! When they are empty, they are not!