

WHOLE HEALTH PLUS NEEDS ASSESSMENT FOR:

Circle any needs/areas that you are struggling with or missing:

- 1) **Survival/Basic needs** – housing, clothes, food, basics, money, savings, support, work.
- 2) **Freedom** – limited choices and opportunities, transportation, time, child care, space/boundaries.
- 3) **Fun** – lack of pleasure, recreation, rest, exercise, games, spontaneity, challenge & creativity, novelty, refreshment.
- 4) **Power** – lack of skills, confidence, control, independence, respect, recognition, accomplishment, feeling victimized, overwhelmed and powerless.
- 5) **Spirituality** – little meaning or passion in life, lack of peace, faith & reassurance, creativity, service, prayer and meditation, spiritual struggles, distant from God, feeling alone or confused.
- 6) **Individuality** – not feeling unique, special, heard, esteemed, taken seriously, not feeling like “I matter” in this world or needed and important, no “niche”.
- 7) **Love, Attachment and Belonging** – limited affection, attention and friendships. Struggles with family, supports/help, isolation, intimacy, trust, and commitment. Lacking safety, comfort, care, concern, contact, presence, thoughtfulness, kindness, respect and non-judgmental listening.
- 8) **Emotional needs** - unable to express/release emotions in a healthy way, feeling misunderstood, lacking emotional intimacy & connection, difficulty with grief and loss.

Do you state your needs directly and clearly? Y/N? If no, do you struggle asking and getting help from others? Y/N? If yes, record around who and what needs are the hardest to express. _____

Do you say often say nothing (-passive) about your needs and then blow up later, when you are feeling overwhelmed because your needs are not met (-aggressive)? Y/N? _____

If yes, how often? Occasionally/Monthly? Frequently/Weekly? Daily? With whom? Family, friends, co-workers or acquaintances? _____

What are you repressing or has been on your mind and heart lately?

Please take time to write a paragraph of what you in vision to be as your quality world where all your needs listed above are met in a way you would like or hope for. Write details about how each need could be met in a better more enjoyable or healthy way.
