

Healing Through Hypnosis Survey:



HOW WELL ARE YOUR PRIMAL HUMAN NEEDS BEING MET?

Rate, in your judgment, how well the following emotional needs are being met in your life now, on a scale of one to seven (where 1 means not met at all, and a 7 means being very well met).

- ___ Do you feel you receive enough attention from others and give enough attention to others?
- ___ How well do you take care of your mental, physical and overall health needs? Can you obtain privacy when you need to?
- ___ Do you get a sense of self- satisfaction that comes from achieving goals or fulfilling a purpose that has real meaning to you?
- ___ Do you feel a sense of being part of a community and that you make a contribution?
- ___ Are you mentally and/or physically stretched in ways which give you a sense of challenge and good use of your creative resources?
- ___ Do you feel an emotional connection to others and have at least one friend? How well are your needs for intimacy and feelings of acceptance (by at least one person) met?
- ___ Do you feel a sense of status in life that is acknowledged and feel competent in at least one area of your life?
- ___ Do you feel in control of most areas of your life most of the time?
- ___ Do you feel a sense of safety and security in your home life, work life, and in your environment?

If you have scored any need at 3 or less, this is likely to be a major stressor for you. Even if you have scored only one need very low, it can be enough of a problem to have a serious effect on your life, which could lead to feelings of anxiety, depression, addiction, or some other emotional problem. All too often, these fundamental needs can be overlooked.