Emotional Needs Audit Form

Use this form to see how balanced your emotional needs are. It can be beneficial doing the exercise monthly then you can look back and see how you are managing and can pinpoint what it is that can make you stressed, anxious or depressed so that you can be aware and do something about it.

Score from 1 when things are not going well, to 7 when this need is well met.

	1	2	3	4	5	6	7
SECURITY: Do you feel secure in most areas of life – your home, environment, relationships, work, health, finance?	○	○	○	○	○	○	○
ATTENTION: Are you able to give and receive enough attention and is it the right sort of attention?	○	○	○	○	○	○	○
CONTROL: Do you feel in control in most areas of your life?	○	○	○	○	○	○	○
STATUS: Do you fit in with your work colleagues, friends and family groups?	○	○	○	○	○	○	○
INTIMACY: Do you have at least one other person you can talk with who doesn't judge and accepts you just as you are?	○	○	○	○	○	○	○
ACHIEVING: Are you able to do things that make you feel better about yourself?	○	○	○	○	○	○	○
COMMUNITY: Are you part of a group like a health club, church, neighbourhood, walking or book club, social media group etc?	○	○	○	○	○	○	○
PRIVACY: Are you able to get enough time on our own?	○	○	○	○	○	○	○
PRIVACY: Do you get too much privacy and feel lonely or isolated?	○	○	○	○	○	○	○
LEARNING: Do you have the time or motivation to be able to learn new things?	○	○	○	○	○	○	○
MEANING & PURPOSE: Do you have something that motivates you to get up in the morning like work, friends, family or a pet or hobby?	○	○	○	○	○	○	○