

How well are your needs met?

Below is an Emotional Needs Audit, which can help you to think about how well your needs are met – and which needs you could work on to improve emotional health and wellbeing.

	Not at all						Very much so
I feel secure in all major areas of my life. <i>Such as home or work</i>	-3	-2	-1	0	1	2	3
I feel in control of my life most of the time	-3	-2	-1	0	1	2	3
I feel I receive enough attention	-3	-2	-1	0	1	2	3
I feel I give other people enough attention	-3	-2	-1	0	1	2	3
I feel have a status that is acknowledged	-3	-2	-1	0	1	2	3
I feel part of a wider community	-3	-2	-1	0	1	2	3
I can obtain privacy when I need to	-3	-2	-1	0	1	2	3
I have a close relationship in my life <i>One where you feel physically and/or emotionally accepted for who you are. This could be a close friend or pet.</i>	-3	-2	-1	0	1	2	3
I feel I an emotional connection to others	-3	-2	-1	0	1	2	3
I feel that my contribution is valued. <i>This could be helping others, volunteering or raising a family</i>	-3	-2	-1	0	1	2	3
I am achieving and feel competent in at least one major area of my life	-3	-2	-1	0	1	2	3
I feel mentally and/or physically stretched in ways which give me a sense of meaning and purpose	-3	-2	-1	0	1	2	3