



Art of Change Therapy

Ten Questions that could change your life.

We all share at least 10 Basic Needs for emotional wellbeing. In our individual way, we go through life consciously and unconsciously seeking to fulfil these needs as best we can.

We can often benefit from taking a few moments to reflect on how well each of these needs is being met. It can help us identify areas that may be causing problems at the moment and give us ideas on what we might do to improve our situation.

Note: Take your time with this exercise. There is no need to meet all these needs at once...

For each of the following questions:

- Note how well each need is currently being met in your life. Write down some examples.
- Grade how well each need is currently being met in your life using the box. A 10 would be 'Completely' and 1 would be 'Hardly at all'.
- Then grade where you would like to be once you pump up the score by a few points?
- Next write down actual steps that you can take. If it helps, imagine you've already succeeded in meeting this need. Really picture the sights, sounds and feelings associated with this need being met well. Once you get a sense of this, pretend you are telling a curious friend or relative the steps you took to achieve it.
- Make short term steps (what I can do right now), Medium term (what I can do in the next weeks), and Future (how I can keep on improving in the future).
- Record how you will know when you got there? How will you know that need is properly met?



Art of Change Therapy

1. How well are your needs to look after mind, body and physical health being met?

Sleep, rest, exercise, diet, fresh air, physical touch, adequate health care.



On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

2. How well is your need for being connected to something greater than yourself being met?

Belonging to community, association, a club, a group of like-minded people, and just knowing there are other people out there who feel and think as you do.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

3. How well is your need for status within social groups being met?

Having a clear role professionally, within a relationship, community or family.
Having a basis for positive self-esteem and the thinking styles to enable that.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

4. How well is your need for a feeling of safety and security being met?

A safe territory and an environment that allows you to develop fully.

Secure accommodation, adequate finances and dependable relationships.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score



How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

5. How well is your need for intimacy and friendship being met?

To know that at least one other person accepts you totally for who we are, wants 'n' all. A loving partner, friend, relative, or even a pet.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

6. How well is your need for giving and receiving attention being met?

This too is a form of nutrition. Friends, family, colleagues.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?



Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy



7. How well is your need for privacy being met?

Taking the opportunity to reflect and consolidate experience; some quality alone time when you can take stock. Perhaps a few moments to think about these 10 question.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



8. How well is your need for a sense of autonomy and control being met?

Having volition to make responsible choices, organizing finances, controlling emotion, being assertive in relationships, making decisions and acting upon them, learning practical skills, devising long-term goals.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?

Where would I like to be?



Art of Change Therapy

Steps to get there...

I know I'm there when...



Art of Change Therapy

9. How well is your need for a sense of meaning being met?

Purpose and goals. Having a strong sense that your plans for the future are worthwhile and that you can achieve them. Having belief and values that you hold dear and can stand up for. Having shared goals.



On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

How I meet that need right now?



Art of Change Therapy

Where would I like to be?

Steps to get there...

I know I'm there when...



Art of Change Therapy

10. How well is your need for a sense of competence and achievement being met?

Being (stretched but not stressed), learning new skills, feeling that you are making progress, being creative, pushing yourself outside your comfort zone.

On scale from 1 (very low) to 10 (fully) how much do I meet that need now?

score

How I meet that need right now?



Art of Change Therapy

Where would I like to be?

Steps to get there...

I know I'm there when...



Art of Change Therapy
