

NEED STRENGTH PROFILE

Fill in the circle above a number on the continuum to rate the strength of each need as you perceive it to be:

	LOW				HIGH
SURVIVAL	○ 1	○ 2	○ 3	○ 4	○ 5
BELONGING	○ 1	○ 2	○ 3	○ 4	○ 5
POWER	○ 1	○ 2	○ 3	○ 4	○ 5
FREEDOM	○ 1	○ 2	○ 3	○ 4	○ 5
FUN	○ 1	○ 2	○ 3	○ 4	○ 5

PROFILE FROM ABOVE
RECORD NUMBERS CIRCLED HERE →

FIRST NAME OR INITIALS

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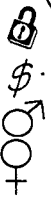
FIRST NAME OR INITIALS

SURVIVAL	BELONGING	POWER	FREEDOM	FUN


The Basic Needs in a Relationship

DESCRIBE WHAT YOU PICTURE AS MOST NEED FULFILLING TO YOU FOR EACH OF THE 5 NEEDS. CONCENTRATE ON HOW IMPORTANT EACH NEED IS FOR YOU.


1. **SURVIVAL** (Hormonal Sexuality, Risk Taking, Money Matters, Security, Safety)

 (1)
(2)
(3)

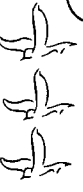
2. **BELONGING** (Love, Affection, Intimacy, Family Relations, Friends, Membership)

 (1)
(2)
(3)


3. **POWER** (Achievement, Accomplishments, Control, Competition, Pride, Influence, Importance, Who Listens to Us)

 (1)
(2)
(3)

4. **FREEDOM** (Movement, Mobility, Independence, Decisiveness, Many Choices, Creativeness, Fearlessness)

 (1)
(2)
(3)

5. **FUN** (Laughter, Learning, Activities, Hobbies, Amusements, Games, Sense of Humor)

 (1)
(2)
(3)

My Quality World Pictures

CATEGORIES	SATISFIED PICTURES	YET TO BE SATISFIED
PEOPLE		
THINGS OWNED OR GENERAL		
SYSTEMS OF BELIEF		

Directions: Fill in the boxes after each category with your pictures.

TOTAL BEHAVIOR

ACTING

ACTION PLANS
BOUNDRIES
ACTIVE LISTENING

FEELING

CONFIDENCE
FEELING SECURE
TRUSTING

BASIC
NEEDS

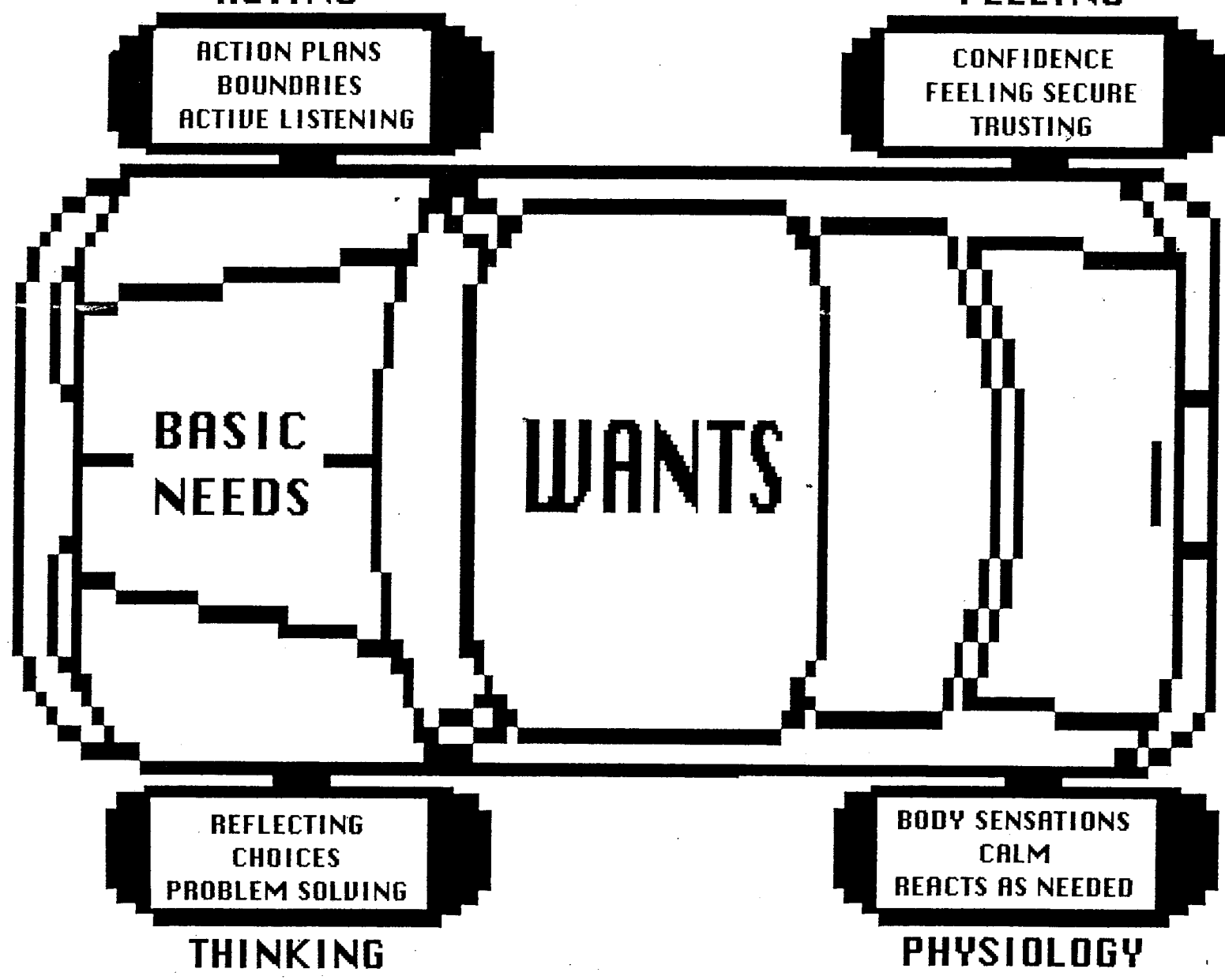
WANTS

REFLECTING
CHOICES
PROBLEM SOLDING

THINKING

BODY SENSATIONS
CALM
REACTS AS NEEDED

PHYSIOLOGY



What do you do to get what you need?

If you aren't getting all of your needs met, your life will seem out of balance. We all have pictures in our heads of what we want. Your pictures are very unique to you. They are stored in a special place in your memory called your **Quality World**. **Quality World** pictures are the best ways you can think of to fulfill your needs. For instance, your best friend is in your **Quality World**. Your favorite pastime is in there too. You have some **Quality World** pictures that you want, yet can't seem to get. How do you get what you want? All anyone can do is use their behaviors. The Behaviors are feelings, body talk or physical symptoms, thinking, and acting or doing. They're like the four wheels on this car. This is your **Car of Life**. Your basic needs are like your engine that drives the car. Your steering wheel or what you want, determines the direction to take.

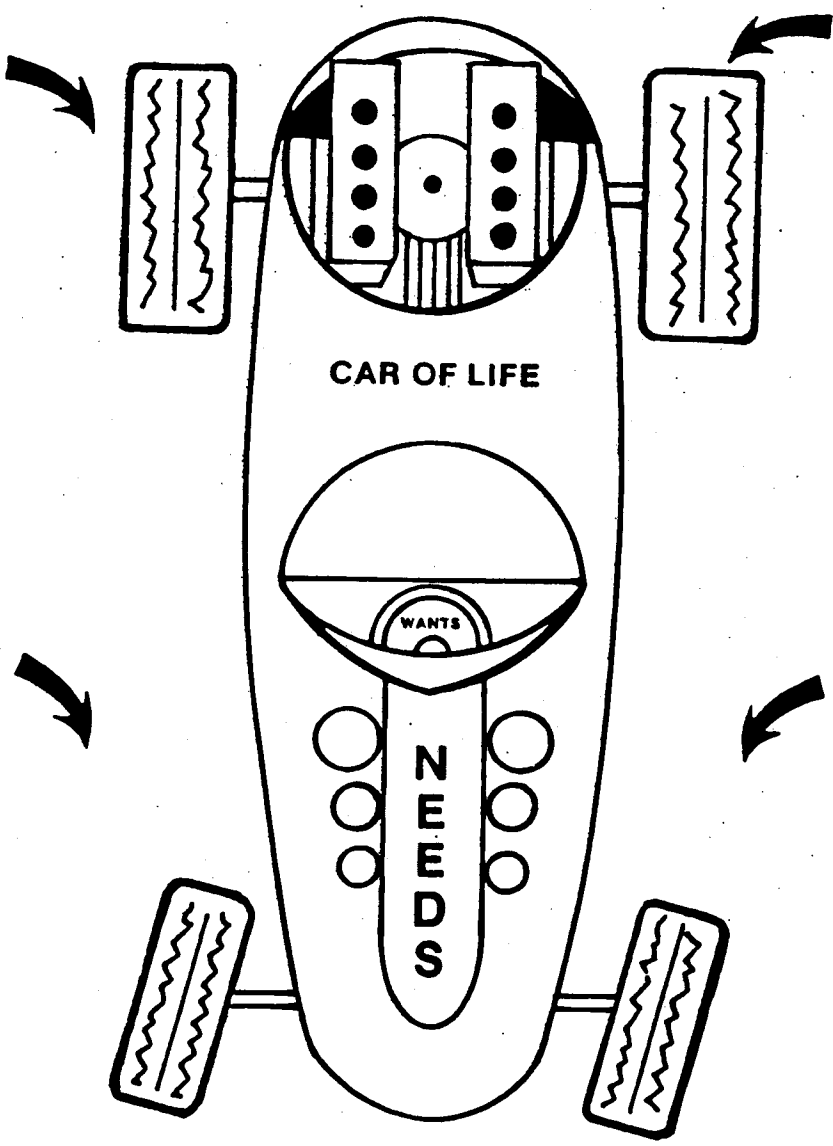
DIRECTIONS: In the space below, list some behaviors you used during a recent situation in your life. Talk about this situation with your group.

FEELING WHEEL
Examples: Sad, Angry

BODY TALK WHEEL
(Physical Symptoms)
Examples: Headache, Knees Shaking

ACTING OR DOING WHEEL
Examples: Talking, Running

THINKING WHEEL
Examples: Worrying, Remembering



In a real car, all the wheels move at the same time to make the car go anywhere. The front wheels are the ones you control. Wherever your thinking and acting wheels take you your feeling and body talk wheels will follow.

SELF EVALUATION - - -A SYSTEMS APPROACH

W D E P BY BOB WOLBBOLDING

1. W

WANTS – how much effort or energy they want to expend to live more effectively – a commitment in degrees and levels.

Level 1 – I don't want help – get out of my life

Level 2 I want the outcome but not the effort

Level 3 I'll try – I might do it, may be tomorrow

Level 4 I will do my best – allow for failure

Level 5 I will do all it takes – nothing will stand in my way.

2. D

DIRECTION AND DOING

Direction: Where are you going? Where are you headed?

Doing: What actions have you been taking? What have you been Doing?

3. E –SELF EVALUATION – Personal and inner judgement

Is your overall direction taking you where you want to go?

Is this specific action to your best advantage?

Is that action against the rules

Is what you tell your self really helping you?

Is what you want really realistic and attainable?

Is what you want good for you?

Is your current level of commitment the highest you can make?

Is your current perception helpful or harmful

If you make a plan, is it really something you want to do or are you pressured to do something you deep down don't desire.

3. P – formulated a plan of acting.

Plan should be simple, attainable, measurable, immediate, controlled by planner, consistent and committed to.

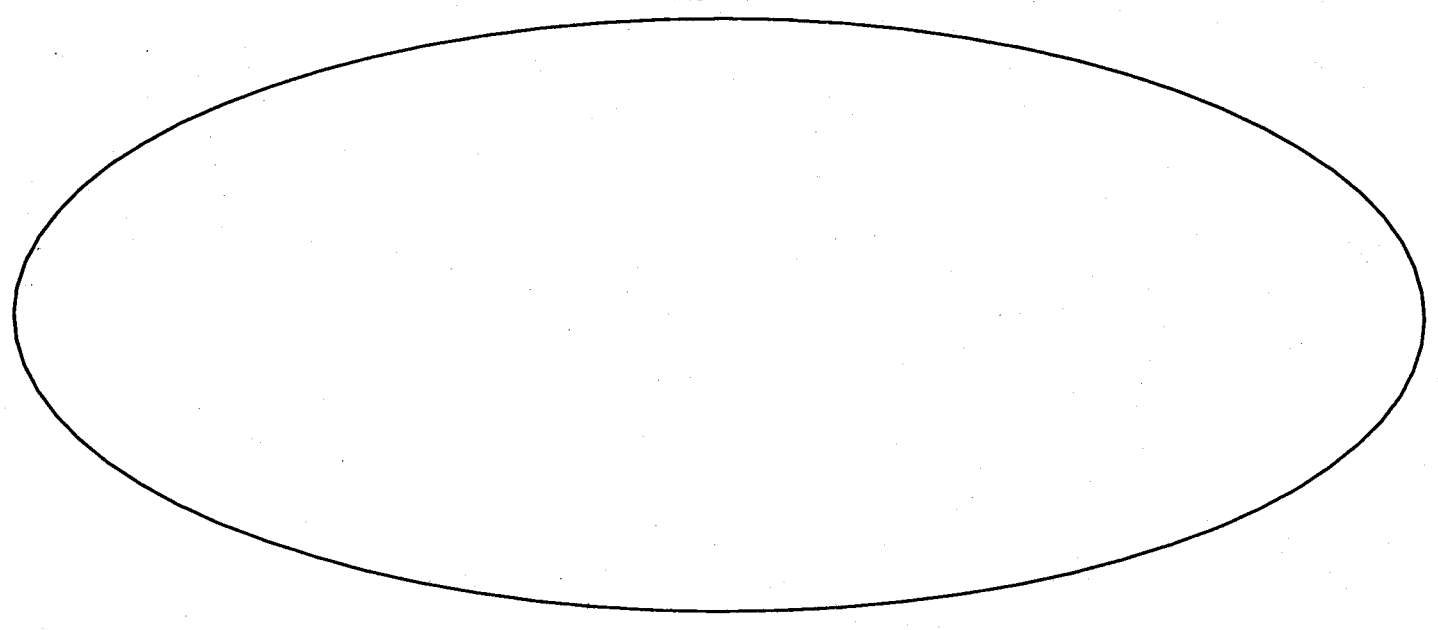
CHOICE THEORY SELF-EVALUATION AND PLANNING GUIDE

CHOICE THEORY IDEAS	QUESTIONS YOU CAN ASK YOURSELF	FILL IN YOUR ANSWERS HERE, KEEPING CHOICE THEORY IN MIND
<p>BASIC NEEDS:</p> <ul style="list-style-type: none"> • SURVIVAL • BELONGING • POWER • FREEDOM • FUN <p>QUALITY WORLD: SPECIFIC PICTURES OF PEOPLE, THINGS, SYSTEMS OF BELIEF LINKED TO THE NEEDS</p>	<ul style="list-style-type: none"> • What do I need in this situation? • What specifically do I want that I'm not getting? • What do I see in the real world that is not matching my quality world picture? • What is my ideal picture? 	<p>Wants:</p>
<p>TOTAL BEHAVIOR:</p> <p style="text-align: center;"> ACTING ▶ I CAN CONTROL THINKING </p> <p style="text-align: center;"> FEELING ▶ INDIRECTLY CONTROLLED PHYSIOLOGY BY WHAT I CHOOSE TO DO </p>	<ul style="list-style-type: none"> • Which component of my total behavior have I been focusing on to get what I want? • What choices am I making now to get my needs met? • In my relationships with others, what am I choosing to do? Are we moving closer or further apart? • Am I using any of the seven deadly habits? 	<p>Behaviors:</p>
<p>MY ASSESSMENT OF THE CHOICES I HAVE BEEN MAKING</p>	<ul style="list-style-type: none"> • Whose behavior can I control? • Is my behavior working for me? If not... • Is what I am doing now going to get me more or less of what I want? • Am I using external control in my relationships with people? Is it helping the relationship? • Am I happy or unhappy with my current relationship? 	<p>Assessment:</p>
<p>TRUSTING MY CREATIVITY, I CAN MAKE A PLAN TO BE MORE EFFECTIVE</p>	<ul style="list-style-type: none"> • What can I do today that will improve my relationships? • If what I am choosing to do to get what I want is not working, what else could I do that might be more effective? • What is my plan? • Can my plan be started today and is it dependent only on my own behavior? 	<p>Plan:</p>

What is it like when you don't get what you want?

There's the **Real World** and there's your **Quality World** picture of what you want inside your head. Your **Quality World** contains pictures of the people, things and beliefs that satisfy your needs. Sometimes what's happening in the **Real World** and the ideal way you want life to be in your **Quality World** are two different pictures! When these pictures don't match, you get a frustration signal in your brain. That frustration signal is like the spark that starts the engine in your **Car of Life**. When you're very frustrated, your **Car of Life** revs up its engine and your behavior wheels start to spin so fast they squeal as you peel out. You behave in ways to try to make the **Real World** more like the **Quality World** in your mind. Sometimes you are successful, sometimes you are not.

DIRECTIONS: In the space below, describe a **REAL WORLD** situation in your life that definitely does not match the picture of what you want in your **QUALITY WORLD**. State exactly what you want in your **QUALITY WORLD**.



You've just described a picture that doesn't match what you want. Your behavior wheels are spinning!

What are your feelings when the pictures don't match? _____

Do you have any physical symptoms? What is your body talk? _____

What are you thinking about when your pictures don't match? _____

What are your actions? What are you doing? _____

NOW DECIDE: IS WHAT YOU'RE DOING ABOVE HELPING YOU?