

Choice Theory Needs Survey

Love & Belonging, Power, Fun, & Freedom of Choice

(created by Bob Birch for Certification – Colorado Springs 2008)

For the following statements, **circle** how accurate each is for you.

	<u>Never</u>		<u>Always</u>	
	0	1	2	3
1. I have a close friend(s).	0	1	2	3
2. I laugh.	0	1	2	3
3. In any situation, I know that I have a choice.	0	1	2	3
4. I have things in my life that when I do them, I feel important.	0	1	2	3
5. I know that there is always another way.	0	1	2	3
6. I feel that people listen to me.	0	1	2	3
7. I belong to a group(s).	0	1	2	3
8. I am drawn to people where there is laughter.	0	1	2	3
9. I have choice in what I wear.	0	1	2	3
10. I have a favorite person in my family that I feel close to.	0	1	2	3
11. I have people in my life that take notice of me.	0	1	2	3
12. I spend time with my family.	0	1	2	3
13. I am drawn to situations where there is laughter.	0	1	2	3
14. I am free to express myself.	0	1	2	3
15. I am able to learn.	0	1	2	3

(over)

		<u>Never</u>			<u>Always</u>
16.	I have people in my life that respect me.	0	1	2	3
17.	I have area(s) in my life where I feel free.	0	1	2	3
18.	There are things I enjoy doing.	0	1	2	3
19.	I have interests similar to my peers.	0	1	2	3
20.	I know that at least 1 person depends on me.	0	1	2	3
21.	I know that I matter to people.	0	1	2	3
22.	I give myself permission to	0	1	2	3
23.	I have places that I go to that are comforting.	0	1	2	3
24.	I play.	0	1	2	3
25.	I have people in my life that care about me.	0	1	2	3
26.	When I don't have to do something, there are always things I do that I enjoy doing.	0	1	2	3
27.	I know that I am good at something.	0	1	2	3
28.	It is my decision.	0	1	2	3
29.	I dress the way I want.	0	1	2	3
30.	I have people in my life that I care about.	0	1	2	3
31.	I have the ability to relieve tension.	0	1	2	3
32.	I choose	0	1	2	3

Choice Theory Needs Survey

Scoring System

Write each number from the **Needs Survey** in appropriate space below.

L & B	Power	Fun	Choice
1. _____	4. _____	2. _____	3. _____
7. _____	6. _____	8. _____	5. _____
10. _____	11. _____	13. _____	9. _____
12. _____	16. _____	15. _____	14. _____
19. _____	20. _____	18. _____	17. _____
23. _____	21. _____	24. _____	22. _____
25. _____	27. _____	26. _____	28. _____
30. _____	29. _____	31. _____	32. _____
Total	Total	Total	Total

For each need, add the numbers in the column to get a total.

The minimum score for each need is 0.

The maximum score for each need is 24.

The key is to find balance in your life. If there is an area(s) that is low, devote some time and energy into satisfying the need(s).

Choice Theory Needs Survey

Statement break down for each need.

Love & Belonging (#'s: 1, 7, 10, 12, 19, 23, 25, 30)

1. I have a close friend(s).
7. I belong to a group(s).
10. I have a favorite person in my family that I feel close to.
12. I spend time with my family.
19. I have interests similar to my peers.
23. I have places that I go to that are comforting.
25. I have people in my life that care about me.
30. I have people in my life that I care about.

Power (#'s: 4, 6, 11, 16, 20, 21, 27, 29)

4. I have things in my life that when I do them, I feel important.
6. I feel that people listen to me.
11. I have people in my life that take notice of me.
16. I have people in my life that respect me.
20. I know that at least 1 person depends on me.
21. I know that I matter to people.
27. I know that I am good at something.
29. I dress the way I want.

Fun (#'s: 2, 8, 13, 15, 18, 24, 26, 31)

2. I laugh.
8. I am drawn to people where there is laughter.
13. I am drawn to situations where there is laughter.
15. I am able to learn.
18. There are things I enjoy doing.
24. I play.
26. When I don't have to do something, there are always things I do that I enjoy doing.
31. I have the ability to relieve tension.

Freedom of Choice (#'s: 3, 5, 9, 14, 17, 22, 28)

3. In any situation, I know that I have a choice.
5. I know that there is always another way.
9. I have choice in what I wear.
14. I am free to express myself.
17. I have area(s) in my life where I feel free.
22. I give myself permission to
28. It is my decision.
38. I choose