

# Your Basic Needs Profile

Printable worksheet · the interactive version lives at [omnipsyche.org/therapyhomework](https://omnipsyche.org/therapyhomework)



Name (optional) \_\_\_\_\_

Date \_\_\_\_\_

## Five tanks, one dashboard

Think of the five needs as fuel tanks. When a tank runs low, you feel it: restlessness, irritability, loneliness, boredom, that vague sense that something is off. And here is the important part: **a low tank does not politely wait**. It pushes you toward whatever fills it fastest, and the fastest fill is not always the best one.

A drink can fake belonging. A screen can fake fun. Controlling someone can fake power. The need is real and legitimate; the strategy is what needs work.

For each need, you will rate the tank, then look at what is currently filling it.

## SURVIVAL & SAFETY

### 1 Survival and safety: how full is this tank?

Food, sleep, health, money that covers the basics, physical safety, and a nervous system that is not constantly braced.



Running on empty

Solid and steady

### 2 How are you meeting this need right now?

What is actually keeping you fed, rested, housed, and safe? Include the imperfect strategies too. Honesty here is the whole exercise.

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**3 What is one way you could feed this need better?**

One concrete thing: a sleep time, a checkup, a budget conversation, a walk.

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LOVE & BELONGING

**4 Love and belonging: how full is this tank?**

Feeling close to people, known by them, part of something. Choice theory treats this as the most important need, because relationships are where most long-term unhappiness starts.

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Running on empty

Solid and steady

**5 How are you meeting this need right now?**

Who do you actually feel connected to? What gives you belonging: family, friends, a group, a faith community, online spaces? Include substitutes you lean on when connection is thin.

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**6 What is one way you could feed this need better?**

One reachable move: a call, an invitation, an apology, showing up somewhere weekly.

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**7 Power and achievement: how full is this tank?**

Feeling competent, respected, and listened to. Making progress on things that matter to you. Power here means personal effectiveness, not power over people.



Running on empty

Solid and steady

**8 How are you meeting this need right now?**

Where do you currently get your sense of being good at something? Work, parenting, a skill, a game, being right in arguments? All of it counts as data.

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**9 What is one way you could feed this need better?**

Something that builds real competence or gets your voice heard: a skill to practice, a project to finish, a conversation to have.

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**10 Freedom: how full is this tank?**

Having real choices. Room to move, decide, and be yourself without feeling boxed in by people, debt, schedules, or your own habits.



Running on empty

Solid and steady

**11 How are you meeting this need right now?**

Where in your life do you feel genuinely free? And where do you chase the feeling of freedom in ways that cost you later?

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**12 What is one way you could feed this need better?**

Often this is one boundary, one decision you have been outsourcing, or one commitment to renegotiate.

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**FUN & LEARNING**

**13 Fun and learning: how full is this tank?**

Play, laughter, curiosity, learning something because it delights you. Glasser called fun the genetic reward for learning. Adults are terrible at protecting this one.

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Running on empty

Solid and steady

**14 How are you meeting this need right now?**

What actually makes you laugh or lose track of time these days? Be honest if the answer is mostly scrolling; that is a strategy too, just usually a thin one.

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**15 What is one way you could feed this need better?**

Something with real play in it: an old hobby, a class, a standing game night, making something badly on purpose.

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**Bring this to your next session.** What you wrote here is exactly the kind of material good sessions are made of. Repeat the exercise whenever it is useful; the value compounds.

Michael C. Shedrick, M.S., PLPC, NCC. This exercise is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If it was assigned by your treatment provider, bring it to them. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: [omnipsyche.org](https://omnipsyche.org)