

Basic Needs Descriptions

Survival



I am not a risk-taker. I like things to be orderly and neat. I have a fairly regular routine that I live by. I think about my health, trying to eat right, and get the proper amount of exercise and rest. My friends and family like the fact that I am punctual, organized, and can be depended on.

Love and Belonging



I am a people-oriented person. Relationships are my highest priority. My thoughts are often about the well-being and being helpful to my friends and family. I like to hang out with people. I enjoy social events like holidays, dances, sports, clubs, and playing games. My friends and family like the fact that I am warm, compassionate, friendly, and cooperative.

Power



I am an achievement-oriented person. I love to learn and to grow personally I set goals, have high standards, and often meet or exceed them. Once I have achieved one goal, I set another. I believe people should do their best to reach their potential in life. I love competition and being a leader. I am proud of my accomplishments and enjoy the recognition that they sometimes bring. My friends and family respect me for my skills, accomplishments, and high expectations.

Freedom



I love my independence. I like to have the autonomy to control the direction of my own personal life. One of the things I value is having choices. I resent people trying to manipulate or control me. I thrive in an environment filled with novelty and change. I love traveling to new places and spending time outdoors. I value my quiet time; some of my most treasured time is time spent doing something alone. My friends and family remark about the fact that I'm a unique individual and respect me for not being easily swayed by popular opinion.

Fun



To me, life should be a celebration! I love to laugh and play. I try to bring a sense of joy to everything I do, and try to liven up even the most boring tasks. I love spontaneity and have sometimes been accused of impulsivity. I make a lot of my decisions, on how I feel and what seems enjoyable at the time like good food, great music, art, hanging out with friends, amusement parks etc. I love games, celebrations, festivals, and parties. I have a great sense of humor and like to make others laugh. My friends and family like me because I'm high-spirited, engaging, and just fun to be around.