

Psychological Needs Exercise 2

Some of the psychological needs are met through work. For example, we may work to meet the needs that we have for mastery, to gain approval, to belong, to achieve status and prestige or to serve. This Worksheet asks you to recall your current or last job and reflect on what you DID NOT get with this position that you might have liked or “needed” to be satisfied. Checking the needs failed to be met by your position allows you to acknowledge aspects to look for when seeking your next position.

Check those needs that have **not** been met by your job.

- | | | |
|---|---|--|
| <input type="checkbox"/> To Lead | <input type="checkbox"/> To Cooperate | <input type="checkbox"/> To Influence |
| <input type="checkbox"/> To Follow | <input type="checkbox"/> To Be Useful | <input type="checkbox"/> To Be Dependent |
| <input type="checkbox"/> To Participate | <input type="checkbox"/> Earn A Living | <input type="checkbox"/> To Be With People |
| <input type="checkbox"/> To Lead | <input type="checkbox"/> To Structure My Life | <input type="checkbox"/> To Be Alone |
| <input type="checkbox"/> To Create | <input type="checkbox"/> To Be Responsible | <input type="checkbox"/> To Be Independent |
| <input type="checkbox"/> To Be Sociable | <input type="checkbox"/> To Give Me Identity | <input type="checkbox"/> To Gain Approval |
| <input type="checkbox"/> To Build | <input type="checkbox"/> To Give Me Status | <input type="checkbox"/> To Experience Variety |
| <input type="checkbox"/> To Work Hard | <input type="checkbox"/> To Belong | <input type="checkbox"/> To Reduce Boredom |
| <input type="checkbox"/> To Compete | <input type="checkbox"/> To Be Competent | <input type="checkbox"/> To Achieve |