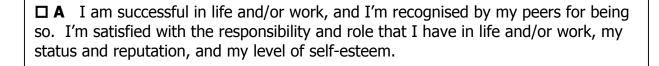
Quick self-test based on the 'Hierarchy of Needs'.

Read the following eight statements and tick below those that apply to you. There are no right or wrong answers. Interpretation guide below.



- \square **B** I am part of, and loved by, my family. I have good relationships with my friends and colleagues they accept me for who I am.
- \Box **C** My aim is self-knowledge and enlightenment. The most important thing to me is realising my ultimate personal potential. I seek and welcome 'peak' experiences.
- \square **D** Aside from dieting and personal choice, I never starve through lack of food, nor lack of money to buy food. Aside from the usual trauma of moving house, I have no worry at all about having somewhere to live I have 'a roof over my head'.
- E I generally feel safe and secure job, home, etc and protected from harm. My life generally has routine and structure - long periods of uncontrollable chaos are rare or non-existent.

Interpretation:	circle
 Biological Needs Safety Needs Belongingness and Love Needs Esteem Needs 	D E B A
5 Self-Actualisation Needs	С

Maslow said that needs 1-4 are deficiency motivators and are generally satisfied in order when the previous need is fully or partially satisfied. If ticked above they are probably satisfied. If a need ceases to be satisfied there is less or no motivation to strive to maintain or satisfy higher level needs. Need 5 is a growth motivator and if ticked this is likely to be a focus of motivation. This test is based on Maslow's Hierarchy of Needs.

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