

THE WILLIAM GLASSER INSTITUTE

NEEDS STRENGTH PROFILE:

SURVIVAL
LOVE & BELONGING
POWER
FREEDOM
FUN

Original Written and Designed by Jonathan C. Erwin
Rewritten by Karen D. Lucas
Sources: Dr. William Glasser

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Check the # that apply to you -

Count # in each group.

Divide by 5 & round off the final #.

Scale 1-5 low → high

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NEEDS STRENGTH PROFILE

SURVIVAL

- Conservative
- Value Tradition
- Need Life Safe
- Need Life Secure
- Not a Risk Taker
- Cautious
- Predictable
- Orderly
- Neat
- Regular Routine
- Eat Right
- Daily Exercise
- Proper Rest
- Home is Haven
- Seek Shelter
- Comfort of Long Term Relationships
- Stability of Long Term Relationships
- Invested Wisely
- Plan for Disaster
- Follow Procedures
- Organized
- Punctual
- Responsible
- Loyal
- Dependable

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NEEDS STRENGTH PROFILE

LOVE AND BELONGING

- Social Human Being
- Empathic Human Being
- Connect Relationships
- Build Relationships
- Nurture Relationships
- Maintain Relationships
- Need Close Relations with Family
- Need Close Relations with Friends
- Need Close Relations with Coworkers
- Strong Interpersonal Communication Skills
- Cooperative Team Player
- Desire Mutual Warmth
- Desire Mutual Affection
- Feelings Explored
- Healthy Intimacy with Others
- Belong to Variety of Groups and Organizations
- Understand Needs of Others
- Include Others
- Generous
- Helpful
- Friendly
- Outgoing
- Compassionate
- Caring
- Kind

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- Kind

NEEDS STRENGTH PROFILE

POWER

- Achievement Oriented
- Driven Toward Success
- Set Goals
- High Standards
- Challenge Self
- Improve Upon Earlier Skill Attainment
- Meet Goals
- Exceed Goals
- Positive Influence on Others
- Encouragement of Others
- Assist Others
- Personal Growth
- Professional Growth
- Inner Strength
- Strong Skills
- Control Destiny
- Need Interpersonal Growth in Relations with Others
- Need to be Listened to
- Need Voice to be Heard
- Enjoy Healthy Competition
- Like to Win
- Enjoy Recognition
- Strong Sense of Purpose
- Extremely Competent
- Many Accomplishments

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NEEDS STRENGTH PROFILE

FREEDOM

- Independent Person
- Self-Reliant Person
- Control Direction of Personal Life
- Control Direction of Professional Life
- Need Variety of Choices
- Create Opportunities to Make Choices
- Autonomous
- Seek no Restraints
- Need Freedom in Relationships with Family
- Need Freedom in Relationships with Friends
- Need Space in Work Environment
- Need Flexibility in Work Environment
- Need Free Will in Work Environment
- Desire Novel People
- Desire Novel Places
- Desire Novel Things
- Feel Liberation in Outdoors
- Value Time Alone
- My Own Best Friend
- Never Bored
- Welcome Change
- Seek Travel
- Adventure Seeking
- Risk Taker
- "Do Unto Others as You Would Have Others do Unto You"

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NEEDS STRENGTH PROFILE

FUN

- See Life as a Celebration
- Experience Life as a Celebration
- Creative Fun Brought to Relationships
- Enjoyment in Work
- Laugh with Others
- Sense of Joy in Thinking
- Sense of Joy in Doing
- Liven-up Boring Tasks
- Find Joy in Spontaneity
- Sensual Pleasure in Good Food and Drink
- Sensual Pleasure in Music, Art, Sports and Leisure
- Enjoy Variety of Social Experiences
- Good Sense of Humor
- Considered Witty
- Innovative Games-Player
- Playfully Get Along with Others
- Desire to See Good in Others
- Positive View of the World
- Find Pleasure in all Situations
- Provide Amusing Experiences
- Provide Exciting Experiences
- Spirited
- Smiling
- Fun-loving
- Engaging

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