**Basic Needs:**

There are 5 basic needs that EVERYBODY has. They are:

* **Survival**
* **Belonging**
* **Power**
* **Freedom**
* **Fun**

To have a balanced life we strive to meet all of the needs.

The need for survival is the most basic need and is number one for everyone. However, if our need for survival is taken care of, we all have one need that is MOST important to US. (Belonging, Power, Freedom or Fun) This will be different for everyone.

Read the following pages and take the Needs Inventory to determine what need might be most important to you.

Adapted from the work of Diane Gossen - Real Restitution

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| **Survival** |  | **Belonging** |  | **Power** |  | **Freedom** |  | **Fun** |
| Food  Clothing  Rest  Shelter  Safety  Health |  | Love  Caring  Sharing  Cooperating  Accepting  Joining  Affection |  | Achievement  Self-Control  Importance  Significant  Capable  Competition  Leadership |  | Choice  Flexibility  Change  Creativity  Travel |  | Play  Humour  Joy  Pleasure  Excitement  Enthusiasm |
| **Survival Needs Can be Met Through:** |  | **Belonging Needs Can be Met Through:** |  | **Power Needs Can be Met Through:** |  | **Freedom Needs Can be Met Through:** |  | **Fun Needs Can be Met Through:** |
| Eating  Sleeping  Exercise  Saving  Protecting |  | Family  Friends  Groups  Clubs  Teachers  Counselors |  | Projects  Hobbies  School work  Being strong  Positive choices  Working |  | Variety  Free time  Getting space  Independence  Holidays |  | Playing  Trying new things  Challenge  Jokes  Learning |





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| ***If your highest total was in Box One this indicates that your most important need may be:*** | | **Belonging**  **❑** |  | |
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| ***If your highest total was in Box Two this indicates that your most important need may be:*** | | **Power ❑** |  | |
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| ***If your highest total was in Box Three this indicates that your most important need may be:*** | | **Freedom ❑** |  | |
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| ***If your highest total was in Box Four this indicates that your most important need may be:*** | | **Fun ❑** |  | |
|  | If your strongest need is **BELONGING** you might find that:   * It is very important that you are liked * You are very sociable with adults * You work hard for the teacher * You enjoy group projects | | |
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|  | If your strongest need is **POWER** you might find that:   * You want to be in control * You like to observe things before you try them * You are bothered when you make a mistake * You are very organized | | |
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|  | If your strongest need is **FREEDOM** you might find that:   * You want choices * You need to move around * You love to experiment * You are willing to try new things | | |
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|  | If your strongest need is **FUN** you might find that:   * You want to enjoy school * You have good concentration * You love to play games * You like to collect things * You are musing even when you are misbehaving | | |

Following are four examples of students trying to meet their needs. However, in an effort to meet their own needs, they are getting in trouble or harming others. Read each example and explain how they might meet their needs in a positive way:

1. **Behaviour:** Hitting someone who insulted you.

**Need:** **POWER** (Standing up for yourself)

In what way could this person meet their need for **POWER** without being violent? Explain.

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2. **Behaviour:** Being disruptive in class.

**Need:** **FREEDOM** (Get off my case!)

In what way could this person meet their need for **FREEDOM** without disrupting everyone’s learning? Explain.

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3. **Behaviour:** Spreading rumours about a classmate.

**Need:** **BELONGING** (If I criticize someone else maybe others will like me more.)

In what way could this person meet their need for **BELONGING** without damaging someone else’s reputation? Explain.

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4. **Behaviour:** Tripping someone when they are walking down the hallway at school.

**Need:** **FUN** (Just kidding around!)

In what way could this person meet their need for **FUN** without harming other people? Explain.

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***All behaviour has purpose. It is usually because you are trying to meet one of your needs OR trying to avoid something***.

1. Can you determine what need you /others are trying to **MEET** by using drugs and/or alcohol? **OR** What are you /others trying to **AVOID** by using drugs and/or alcohol?

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2. Is there a way you can meet your need for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a way that is not harmful to you or anyone else? Explain.

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