

# IFLOW PSYCHOLOGY HIERARCHY OF NEEDS ASSESSMENT

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

LIFE DOMAINS		IMPORTANCE			SATISFACTION					Office Use Only SCORE		
		Not at all Important	Somewhat Important	Very Important	Very Dissatisfied	Somewhat Unsatisfied	Neither	Somewhat Satisfied	Very Satisfied			
Hydration	The amount of water you drink daily?	0	1	2	-2	-1	0	+1	+2			
Diet	A daily balanced healthy diet & amount?	0	1	2	-2	-1	0	+1	+2			
Sleep	The amount & quality of sleep you get daily?	0	1	2	-2	-1	0	+1	+2			
Exercise	The amount of exercise you get weekly?	0	1	2	-2	-1	0	+1	+2			
Health - Injury & illness	Consider pain, limitations & well-being?	0	1	2	-2	-1	0	+1	+2			
Medication	Effectiveness & presence of side effects?	0	1	2	-2	-1	0	+1	+2			
Substance use	Consider: amount, nature and effects?	0	1	2	-2	-1	0	+1	+2			
Sexuality	Your sexual needs?	0	1	2	-2	-1	0	+1	+2			
Finances	Are your finances & debts manageable?	0	1	2	-2	-1	0	+1	+2			
Housing	Suitability of current housing?	0	1	2	-2	-1	0	+1	+2			
Legal issues	Presence of legal issues?	0	1	2	-2	-1	0	+1	+2			
Safety	Feeling of safety?	0	1	2	-2	-1	0	+1	+2			
Intimate Relationships	Consider your relationship with your partner	0	1	2	-2	-1	0	+1	+2			
Family Relationships	Consider your relationships with your family	0	1	2	-2	-1	0	+1	+2			
Friends/Social	Consider relationships with friends?	0	1	2	-2	-1	0	+1	+2			
Recreation	The amount of recreation each week	0	1	2	-2	-1	0	+1	+2			
Culture/Identity	Your identity with a culture or group?	0	1	2	-2	-1	0	+1	+2			
Neighbourhood	Consider your local neighbourhood	0	1	2	-2	-1	0	+1	+2			
Community	Consider communities you are involved in	0	1	2	-2	-1	0	+1	+2			
Education	Your learning needs	0	1	2	-2	-1	0	+1	+2			
Career	Your current job and career progression	0	1	2	-2	-1	0	+1	+2			
Accomplishments	Your sense of success and achievement	0	1	2	-2	-1	0	+1	+2			
Mastery of a skill	Your mastery of skills in an area?	0	1	2	-2	-1	0	+1	+2			
Knowledge	Your general knowledge of the world?	0	1	2	-2	-1	0	+1	+2			
Understanding	Your understanding of your world?	0	1	2	-2	-1	0	+1	+2			
Exploration	Opportunities to explore areas of interest	0	1	2	-2	-1	0	+1	+2			
Meaning & Purpose	Sense of life meaning and purpose	0	1	2	-2	-1	0	+1	+2			
Hobbies/Interests	Involvement in areas of special interest	0	1	2	-2	-1	0	+1	+2			
Creativity	Opportunities to create and invent	0	1	2	-2	-1	0	+1	+2			
Spirituality	Your connection with something greater	0	1	2	-2	-1	0	+1	+2			
Generosity	The amount you support & give to others	0	1	2	-2	-1	0	+1	+2			
<b>TOTAL</b>												