

QUIZ

How Well Are You Meeting Your Needs?

Everyone is supported by creative intelligence. The only difference is how much support you are actually getting. This is the critical issue. Bliss-consciousness aims to support you 100 percent. As you learn to be in simple awareness more and more, your support will steadily increase.

It's worthwhile to see where you stand now. For each item listed below, you will be asked two things:

- ***How important is this need to you?***

Answer on a scale from 1 to 10, where 1 = Not at all important and 10 = Most important.

- ***How well are you meeting this need?***

Answer *Poorly*, *Fairly Well*, or *Very Well*.

Think about this quiz as a self-assessment, not a test. There are no right answers for everyone, since we assess our needs quite personally.

PART 1: LIFE NEEDS

This section is about the seven most important needs that arise in everyone's life.

1. I need to feel safe and secure.

How important is this need to you, **from 1 to 10?** ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

2. I need to have some success and achievement I can be proud of.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

3. I need to have a family or other close support system.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

4. I need to be accepted and understood.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

5. I need a creative outlet.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

6. I need something larger than myself to believe in—a higher value system, faith, or a spiritual tradition.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

7. I need to be on the journey to higher consciousness and personal growth.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

PART 2: RELATIONSHIP NEEDS

These are needs that are part of a satisfying relationship. (You can answer based on your experiences, even if you aren't in a relationship right now.)

8. I need to feel wanted by my partner.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

9. I need to feel safe with my partner.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

10. I need to trust my partner and be trusted in return.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

11. I need to have warmth and affection.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

12. I need to have a fulfilling sex life.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

13. I need to feel respect for my partner and be respected in return.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

14. I need close physical contact.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

15. I need my own space whenever I ask for it.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

16. I need the freedom to follow my own path.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

17. I need children who feel loved by me and my partner.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

18. I need my partner to be a success.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

19. I need my children to make me proud.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

20. I need to feel that I am the most important person in my partner's life.

How important is this need to you, from 1 to 10? ____

How well are you meeting this need?

Poorly ☐ Fairly ☐ Well ☐ Very Well ☐

ASSESSING YOUR RESULTS

If your answers are mostly **strong positives (Very Well)**, you enjoy very good support for your needs. You are aligned with the flow of creative intelligence, even if you don't think in those terms yet. Your everyday life is characterized by clear intentions, a lack of self-doubt, and the ability to know what you truly value.

This isn't the same as rating each need highly (7 to 10). You know yourself well enough to give low ratings to things that don't matter very much to you. Yet there is room for reflection. Look at the needs you don't find important and ask yourself if there is an aspect of your life, such as finding a creative outlook or needing warmth and affection, that you should look at more closely.

If you give **mostly average (Fairly Well)** answers, your needs are being fulfilled here and there. There are probably some that you have given up on, but the

general problem is that you have low expectations. For you, the key thing is to feel that you deserve more and better. By having that intention, you can take steps, even small ones, toward getting more out of life. Begin with things that aren't threatening, such as finding a creative outlet. If your rating of your relationship needs is only fair, sit down with your partner and show him or her your results. It also helps to have your partner take the test so that you can have a shared basis for looking at where your relationship stands.

If you gave consistently **low (Poorly)** answers on the quiz, your needs are not being met the way they should be. There might be many reasons for this, including self-doubt, an unsatisfying relationship, or the struggle to meet basic necessities. For you, the best way forward is to sit down with someone you trust and admire, and go over your answers together. You need to begin to feel more supported in your life. This can be a tough road, but at the level of creative intelligence, you have access to support inside yourself that you can count on. Right now, this might not feel very real. Just take one or two needs where you are already doing well and set the intention that they will improve even more. The essential thing is that you need to meet yourself at a deeper level of awareness where answers and solutions are found. Right now you are likely to be meeting yourself at the level of worry, confusion, and doubt. The state of simple awareness can give you a way to escape this level in order to find inner calm and peace.