The Core Needs Questionnaire

NEED FOR Give percentage values for each one	I got this from my MOTHER			I got this from my FATHER			I got this from SOMEONE ELSE			I got this from my FAITH/OTHER			How I feel about myself now
	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	
Acceptance: I am ok! *I'm able to be my true self*													
Praise: I did well! *I can accept compliments*													
Appreciation: I am valued *I have self-worth*													
Encouragement: I can do it! *I have self-belief/can take risks*													
Emotional Security *My feelings are validated*													
Financial Security *I have financial support /backup*													
Physical Security *I am protected from harm; my boundaries are respected*													
Comfort - emotional *My feelings are empathically respected and understood*													
Comfort - physical *I am safely held and soothed*													
Other													