## balanced measure of psychological needs

name:		date: time period/contex			+, 
	used to rate one's d of time and/or on ts carefully and scol	a particular d	context/setti	ing. Read each	h of the
1	2	<i>3</i>	4	<i>t</i>	<i>5</i>
strongly disagree				str	rongly agree
1.) I felt a sense of cor 2.) I was successfully of 3.) I was free to do thing 4.) I was lonely.  5.) I experienced some 6.) I had a lot of press 7.) I felt close and con 8.) I took on and mast 9.) My choices express 10.) I felt unappreciated 11.) I did something stud 12.) There were people 13.) I felt a strong sense 14.) I did well even at the 15.) I was really doing with 16.) I had disagreement 17.) I struggled doing sense 18.) I had to do things a 18.)	completing difficult to ngs my own way.  It kind of failure, or ures I could do with nected with other pered hard challenged and "true self."  If by one or more interpreted that made meated things me what I have of intimacy with the hard things.  If what interests me, the or conflicts with performething I should be the nected to the period of the per	was unable thout. beople who ares. apportant people feel incompered to do. the people I seeppeople I seeppeople I usual	ojects.  to do well at re important  ole. etent. spent time w	something. to me.	
calculate final aggrega	,	_			
relatedness scores:					
competence scores:					
autonomy scores:	satisfaction	_ dissatisfa	ction	aggregate	9
by hig	ation to focus on a p gh dissatisfaction th gal wellbeing one wa	an by low sa	tisfaction sco	ores for that n	eed.

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