

Basic Psychological Needs Assessment Scale (BPNAS)

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1	2	3	4	5
Very Dissatisfied	Dissatisfied	Neutral/Undecided	Satisfied	Very Satisfied

1. Satisfaction with Relationships

Family				
1	2	3	4	5

Coworkers				
1	2	3	4	5

Friends				
1	2	3	4	5

Partner/Spouse				
1	2	3	4	5

2. Satisfaction with Meaning-Making

A sense of purpose or life calling				
1	2	3	4	5

Daily meaningful moments				
1	2	3	4	5

Making sense of the bad stuff				
1	2	3	4	5

Knowing what really matters				
1	2	3	4	5

3. Satisfaction with Level of Engagement

Actively engaged in productive work				
1	2	3	4	5

Actively engaged in play, hobby, or recreation				
1	2	3	4	5

Actively engaged in problem-solving				
1	2	3	4	5

Actively engaged in pursuing a dream				
1	2	3	4	5

Comments

1. Identify reasons for your relational deficits.

2. Identify reasons for the lack of meaning in your life.

3. Identify reasons for the lack of active engagement in any area