

The following questions concern your feelings about your job during the last year. (If you have been on this job for less than a year, this concerns the entire time you have been at this job.) Please indicate how true each of the following statement is for you given your experiences on this job.

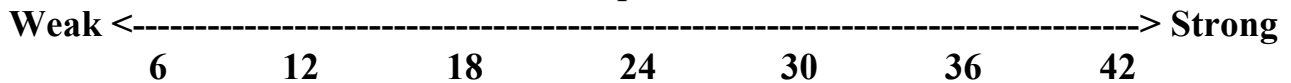
<i>How true is each of these statements for you in your job?</i>	Not at all true -----		Somewhat true -----			Very true	
1. I feel like I can make a lot of inputs to deciding how my job gets done.	1	2	3	4	5	6	7
2. I really like the people I work with.	1	2	3	4	5	6	7
3. I do not feel very competent when I am at work.	1	2	3	4	5	6	7
4. People at work tell me I am good at what I do.	1	2	3	4	5	6	7
5. I feel pressured at work.	1	2	3	4	5	6	7
6. I get along with people at work.	1	2	3	4	5	6	7
7. I pretty much keep to myself when I am at work.	1	2	3	4	5	6	7
8. I am free to express my ideas and opinions on the job.	1	2	3	4	5	6	7
9. I consider the people I work with to be my friends.	1	2	3	4	5	6	7
10. I have been able to learn interesting new skills on my job.	1	2	3	4	5	6	7
11. When I am at work, I have to do what I am told.	1	2	3	4	5	6	7
12. Most days I feel a sense of accomplishment from working.	1	2	3	4	5	6	7
13. My feelings are taken into consideration at work.	1	2	3	4	5	6	7
14. On my job I do not get much of a chance to show how capable I am.	1	2	3	4	5	6	7
15. People at work care about me.	1	2	3	4	5	6	7
16. There are not many people at work that I am close to.	1	2	3	4	5	6	7
17. I feel like I can pretty much be myself at work.	1	2	3	4	5	6	7
18. The people I work with do not seem to like me much.	1	2	3	4	5	6	7
19. When I am working I often do not feel very capable.	1	2	3	4	5	6	7
20. There is not much opportunity for me to decide for myself how to go about my work.	1	2	3	4	5	6	7
21. People at work are pretty friendly towards me.	1	2	3	4	5	6	7

The satisfaction of your three basic needs – Assessment Scoring

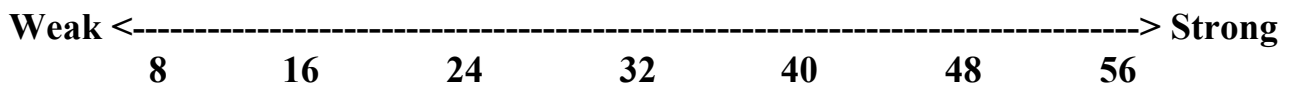
For each question, write the number you circled in the un-shaded box below. If the box has “8-___”, this denotes a “reverse scored” question. Write your response in the blank, and use the result of the calculation in calculating your total score for each need.

Question #	Competence	Relatedness	Autonomy
1			
2			
3	(8 - ___) = ___		
4			
5			(8 - ___) = ___
6			
7		(8 - ___) = ___	
8			
9			
10			
11			(8 - ___) = ___
12			
13			
14	(8 - ___) = ___		
15			
16		(8 - ___) = ___	
17			
18		(8 - ___) = ___	
19	(8 - ___) = ___		
20			(8 - ___) = ___
21			
Totals			
	(max 42)	(max 56)	(max 49)

Competence



Relatedness



Autonomy

