A Survey of Childhood Needs

Consider each need listed below, and the list of questions regarding that need. After each list, you will be asked to rate how well the need was met in your childhood. Rate this on a scale of 0 (not at all) to 10 (completely met).

Physical Needs:

Were you provided with adequate food and water?
Were you provided with adequate shelter (protection from heat and cold, a place to sleep, protection from intruders)?
Did you have clothes that were clean and appropriate for each season?
Did you have a place to eat, sleep, play and do your homework?
Did you have adequate privacy?

To what degree were your physical needs met? _____

Physical Safety.

Let’s begin by defining what spanking is: being slapped or paddled on the bottom in a way that does not leave marks or any lasting pain; the pain level during a spanking should be corrective, not overwhelming.

Have you ever been: slapped (other than spanking), punched, shoved, choked, suffocated, burned, electrocuted, stabbed, tickled beyond tolerance, had your hair pulled, had things thrown at you, had limbs yanked or pulled to the point of pain?

To what degree was your need for physical safety met? _____

Emotional Safety:

Did your caregivers yell or scream at you?
Were you called names (such as bad, brat, selfish, worthless, lazy, dummy, pig, loser, or any other derogatory name)?
Were your emotions invalidated (were you told that your feelings were wrong; that you shouldn’t be feeling what you were feeling, that you were too sensitive, or called a crybaby)?
Were you blamed for things that were not your fault?
Were you teased, embarrassed or humiliated?
Were you punished or criticized for making age-appropriate choices on your own?
Did your parents favor any child or children over other children (favoritism hurts the less favored AND the favored children)?
Did one parent ever complain to you about the other parent?
Did you have a parent that was emotionally unstable (easily overwhelmed, mood swings, volatile, fearful, or often sad and crying)?
Did you have a parent that was overprotective (did not allow you to learn from your own mistakes and make age-appropriate choices)?
Did your parents argue in front of you?
Did you witness the physical, sexual or emotional abuse of another person in the family?
Did you have a parent or caretaker who was an alcoholic or otherwise addicted?

To what degree was your need for emotional safety met? ____

Affection:
Were you hugged and held as a child?
Were you shown warmth and tenderness through other forms of appropriate touch such as a pat on the back, an arm around the shoulder, hand holding or a ruffling of the hair?

To what degree was your need for affection met? ____

Affirmation:
Did your parents tell you that they loved you?
Did you receive encouraging, sincere compliments about who you are such as: you are wonderful, you are a good girl/boy, we are so glad that you are our child?
Did you receive encouragement regarding your gifts and accomplishments such as: good job, well done, we are proud of you, etc.?

To what degree was your need for affirmation met? ____

Validation:
Were your feelings acknowledged and accepted when you were a child?
Did you feel free to feel and express your emotions?
Were your needs acknowledged and accepted?
Did you feel safe asking for what you needed/wanted?
Were your hopes, dreams and interests acknowledged and accepted?
Did you feel free to share your hopes, dreams and interests?
Were you allowed to respectfully disagree with your caregivers?
Were you treated with respect?

To what degree was your need for validation met? ____
Attention:

Did your parents spend one-on-one time with you?
Were you asked about your day, your feelings, your needs, your dreams, your hopes, and your life?
Did your parents spend time doing things with you that you wanted to do?
When you needed to talk to your parents, did they take the time to listen to you?
Did your parents support you in your activities: come to sports events, recitals, etc.?

To what degree was your need for attention met? 

Unconditional Acceptance:

Did your caregivers ever withdraw their love from you (become cold, silent or distant)?
Did your parents ever tell you that you were bad, spoiled, or say things such as, “get away from me, you make me sick?”
Did you hear things such as, “what’s the matter with you?” “all you care about is yourself” “you’ll never amount to anything” “you are so selfish” “you’re a bad girl/boy?”
Did your parents fail to make a distinction between bad behavior and being “bad”?
Did your parents tell you and demonstrate that they would love you no matter what?

To what degree was your need for unconditional acceptance met? 

Guidance:

(Note: in the following questions, guidance is defined as helpful suggestions, it does not mean telling you what to do.)
Did your parents take the time to teach you how to do things?
Did your parents talk to you about your life and offer helpful guidance?
Did your parents help you with your homework as needed?
Did you feel free to go to your parents for guidance when you did not know how to handle a situation?
Did your parents have a loving marriage?
Did your parents teach you how to communicate and solve conflicts with others?
Did your parents offer support and guidance regarding your career choice?
Did your parents teach you how to be financially responsible?
Did your parents teach you how to solve problems?

To what degree was your need for guidance met? 

Consistent, Reasonable Limits:

Did you understand what the rules were in your home?
Did your parents enforce reasonable consequences for misbehavior?
Were consequences enforced consistently?
Did your parents enforce reasonable, age-appropriate limits?
Did your parents allow you an appropriate amount of freedom to make your own choices?
Did your family have order i.e. daily/weekly routines that you could plan on?

To what degree was your need for consistent, reasonable limits met? _____

Safety from Sexual Abuse:

Were you ever exposed to pornography?
Did anyone expose themselves to you (show you their private parts)?
Did anyone proposition you sexually, or speak to you in sexual ways beyond an age-appropriate “birds and bees” discussion?
Did one of your parents or any other caretaker ever talk to you about their own sexual issues, i.e. talk about their sex life?
Were you allowed privacy while going to the bathroom, bathing/showering and getting dressed?
Did anyone ever take a picture of you while you were naked or partially naked (beyond age appropriate “baby” type pictures)?
Were you given enemas that were excessive or inappropriate?
Did anyone ever touch you in a sexual way (including inappropriate kissing)?
Were you ever fondled, molested, or raped?
(In the following questions, understand that a child is powerless to fend off the advances of an adult or older child. If an older person engaged you in any sexual activity, then you were forced.)
Were you ever forced to give or receive oral sex?
Were you forced to touch someone in a sexual manner?
Were you ever forced to be sexual with another child?
Were you ever called sexually derogative names such as slut, whore, etc.?

To what degree was your need for safety from sexual abuse met? _____

Now summarize your results from the survey by filling in the appropriate number beside each need:

Physical Needs _____ Physical Safety _____ Safety from Sexual Abuse _____ Emotional Safety _____ Affection _____ Affirmation _____ Validation _____ Attention _____ Unconditional Acceptance _____ Guidance _____ Consistent, Reasonable Limits _____