



# The Nectar Needs Questionnaire

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## How to do this Questionnaire

Allow 30-45 minutes, 30 questions.

**This is not like a magazine quiz. It's an in-depth profile of you.**

It will help you understand what **needs might be triggering eating for you**, right now.

**Understanding your needs profile is one of the secrets of Diet No More.**

**The Diet No More book** perfectly accompanies this quiz. Although not essential it would be well worth having a copy of the book to use alongside this questionnaire. To understand more about each of the Needs please go to the Chapters in Diet No More called "Food is Not a Feeling" and "A Control Theory Primer."

**If you have the Diet No More Course go to Session 1** and look at the Needs Cups explanation, listen to the audio. Now draw yourself some cups - make yourself a "needs pattern" for the size you think your needs probably are. You are really developing a sense of what sort of personality you have as you decide what suits you best. It explains why people like different things, have different values, interact differently.

### **Your Needs Profile is related to your eating:**

The fact is that most of us eat for reasons other than hunger in an attempt to meet one or more of these Needs. Once you identify which Need(s) may be currently out of balance you have a secret of successful weight management that's a specific profile of you.

Once you have this information you can directly satisfy the need(s) in ways that are satisfying, other than eating. Not only that, the food way of satisfying needs is temporary – doing it directly is much more effective.

This Quiz is quite intensive. It helps you understand which of your 5 needs is currently the strongest at this moment in your life.

In this analysis there are no right or wrong answers, or profiles that are better than others. The aim of this questionnaire is to help you work out the relative strength of your needs, so that you will have **more idea of what you need in your life to feel balanced.**

If some items seem really not applicable to you, leave them out so that you do the ones that matter to you.

There is no absolute score on this - it will give you an internal comparison of the strength of your needs.

**There are 30 questions.**

**Each time, there will be five descriptions of what might be a satisfying experience. Put them in order of preference as they would be satisfying to YOU (right now.)**

**Beside the letter, number them from 1 (first preference) to 5 (last preference).**

1. You have been offered a day out, whatever you want, all paid for, but all you can take away from it is memories.
  - A. You collect friends and family, and give them the best time you can think of, so that you all laugh and enjoy each other's company.
  - B. You arrange to join an expedition to (safely) do something few people have experienced - a trip to the moon, a dirigible flying over your favourite city, a submersible to the bottom of the sea - whatever you want.
  - C. You arrange to be entertained by the best shows or acts you have always wanted to see, or to do a trip you have always thought about.
  - D. You fit in as many experiences as you possibly can, with as much variety as you can think of.
  - E. You do lots of vigorous, healthy activities, maybe adding a massage or special treatment, and go home feeling full of energy and relaxed.
2. You are going shopping. Assuming that you are not short of money, which kind of shopping would satisfy you?
  - A. You go with a friend, stop for morning coffee, chat with people as you meet them, discuss what to buy, each find some nice things, maybe go to a market.
  - B. You go alone so that you can get around faster, compare prices and quality, come home with exactly what you wanted.
  - C. You don't really care whether you end up with much, you enjoy looking at what is around, pass the time with people you meet, buy something if it really takes your fancy.
  - D. You like to have lots of choices - plenty of shops, big variety of goods, inspecting new things, doing what you want without feeling constrained by someone else's agenda.
  - E. You like to be clear about what you buy - that it will be useful and will last well, so you spend your money sensibly.
3. Assuming that you have the athletic ability, you are choosing a sport.
  - A. You would like to be in a team - a really valued member, co-operative, helping the team to function and pull well together. It wouldn't matter much whether you won, playing together would be the most important thing.
  - B. You would prefer an individual sport, or alternatively would like to captain a team. Excelling would be important - you would like to do it really well, and would be prepared to put in practice time.

- C. Something social, where people would stop for a laugh, would be more fun. Maybe a bit of a risk would add to the pleasure.
  - D. Definitely something individual, out in the open, no umpires or referees looking over your shoulder, not necessarily competitive - maybe you can just compete against yourself - do your personal best.
  - E. It could be individual or group, but it needs to be something safe, or something where you develop strength and fitness.
4. You are arranging a visit to the movies. As you come out, you feel completely satisfied.
- A. The movie portrayed deep relationships, and was very moving. It was emotionally satisfying.
  - B. The movie was very well produced, with great acting, outstanding scenery or sets, the plot kept you guessing and the ending was logical but unexpected.
  - C. It was a comedy - you laughed and laughed until your sides were sore.
  - D. There were lots of special effects and some great chases - it was really entertaining.
  - E. It was good because there was no violence, and the star triumphed heroically over a disability.
5. You are going on a holiday. What would be the most satisfying?
- A. Go to a resort with your social group, or the family. Lots of time together, lots of fun.
  - B. Organise to go where you haven't been before, and arrange to see as much as possible of the country. Take lots of pictures to show people when you get home.
  - C. Arrange to learn a new skill or to play your favourite sport, or alternatively enjoy entertainment.
  - D. Just hang loose - do what comes each day - go where the mood takes you.
  - E. Take an organised tour, so that all your arrangements are made for you, and a guide looks after the group.
6. You have, or take up, a hobby. What would be the most satisfying aspect of it?
- A. To do it, you belong to a group - either as you are learning it, or as you are doing it. You can talk to other people.
  - B. You can be really creative, see a finished product of high quality. You like seeing what others have done, too.
  - C. You like to keep learning, developing skills or knowledge.
  - D. The hobby has lots of different aspects to it, so there is lots of choice.
  - E. It could provide a nest-egg for the future if you needed it, or something you could do instead of your "real" work.
7. If you have a family, what would be the description you would most like people to use of it (not what it is like, but how you would like it described)?
- A. Close and loving - caring.
  - B. Well balanced and successful.

- C. Always good for a laugh.
  - D. Independent, think for themselves.
  - E. Healthy and well prepared for the future.
8. Suppose you were planning an extension or improvement to your house. What would be the most likely reason?
- A. There would be more room for the family; they could stay over more often.
  - B. Entertaining would be easier and more enjoyable for guests, or more places to work productively.
  - C. There would be more room for a hobby or sport.
  - D. There would be more space to get away on your own when you needed to.
  - E. It would be physically more comfortable, or people would sleep better.
9. If you came home from a day at work, and felt really satisfied, what would have happened?
- A. Someone would have come to you with a personal problem, and you would have really helped them, or you would have found a very compatible workmate.
  - B. You would have thought of a really good idea for advancing the company, and had it accepted.
  - C. Some very funny (amusing) things would have happened, and you would have had a good laugh.
  - D. People would have left you alone so that you really got done what you thought was important.
  - E. Something would have happened that assured the company's and your future.
10. If you decided to watch a documentary on TV, what subject would most appeal to you?
- A. The work of Mother Teresa in loving and helping people.
  - B. The history of a political party and how it gained power.
  - C. A discussion on humour, with short illustrations of the different types of things that make people laugh.
  - D. The greatest inventions of all time.
  - E. The secrets of remaining healthy and living longer.
11. If you were to comfort yourself by eating, would it be because:
- A. You felt lonely, out of contact with people you care about.
  - B. You felt unimportant, or over-extended, or a failure.
  - C. You felt bored, with nothing interesting to do.
  - D. You felt trapped, anxious, controlled by others or the situation.
  - E. Your body felt listless, "down", tired, or you were worried about money.
12. If the books in the library were arranged by category, would you head for:
- A. Romance, Relationships.

- B. Science Fiction, Mystery, Spy stories.
  - C. Humour.
  - D. Travel.
  - E. Health.
13. What characteristic in a partner would worry you most in a relationship?
- A. They are distant - don't cuddle, or think of the little things that say "I love you".
  - B. They think of work, golf, hobbies - anything - ahead of you. You feel of no importance.
  - C. They have no sense of humour.
  - D. They don't let you make decisions or do what you want.
  - E. They spend without thinking of the future. They don't save.
14. If you could arrange a dinner out that would really satisfy you, what would it need to have in it?
- A. A chance for intimate talk with someone you really care about - great surroundings, soft lights, wonderful atmosphere.
  - B. A place with beautiful surroundings, excellent service, good food, comprehensive menu, really good wine list.
  - C. The surroundings may not be much, but the taste of the food is out of this world.
  - D. A smorgasbord or menu with a vast array of choices.
  - E. The food is really healthy - low fat content, plenty of vegetables - and beautifully cooked and tasty.
15. If you were deciding to attend an Adult Education course, what would you look for?
- A. A group experience.
  - B. Something you know you could enjoy doing well.
  - C. A chance to learn something new.
  - D. Something very different from your regular life - an escape.
  - E. Something that might help you in the future.
16. In music, would you prefer to listen to:
- A. Love songs, music that expresses emotions.
  - B. Virtuoso performances, by someone with great mastery of their instrument.
  - C. Something where you can sing along.
  - D. New material, things that are different.
  - E. The old songs that you know and love.
17. If you put on a dinner party, what would be most important?
- A. People got along well with each other.

- B. Everything went according to plan, and they all had a great time.
  - C. The talk was fascinating, and you learned from it.
  - D. Everyone felt comfortable, and free to do what they want.
  - E. Everybody had plenty to eat.
18. If you went for a walk around your neighbourhood, what would you think about most?
- A. Who you might meet and greet.
  - B. What people might think about you and your appearance.
  - C. The different ways people adorn their houses.
  - D. The feeling of being out in the open, the scenery.
  - E. How much good the exercise is doing your body.
19. If you had a pet just for yourself, what would be its most important characteristic?
- A. It would be a great companion.
  - B. You could show it or compete with it or breed from it.
  - C. You could play with it.
  - D. It would not restrict your way of life or need a lot of attention.
  - E. It would protect you or your possessions.
20. If you were writing a send-off card to someone you work with and like, would you write something:
- A. Caring.
  - B. Complimentary.
  - C. Funny.
  - D. Saying what a good choice they were making.
  - E. Wishing them a secure future.
21. You host a social occasion, but you go home dissatisfied. Which event might have happened?
- A. Your best friend, although they accepted the invitation, did not turn up, without explanation.
  - B. Even though they knew you were hosting, several guests totally ignored you as they left.
  - C. It was all too serious - nobody let their hair down.
  - D. It seemed to go on far too long; you couldn't pack up and go home when you wanted to.
  - E. The management of the venue presented you with a bill that was far too high for what they provided.
22. You went to a special gathering of your old classmates, but you didn't enjoy it, because...
- A. You tried to be friendly, but there didn't seem to be any real warmth.

- B. Everyone else seemed to look younger and better than you did.
  - C. There were a lot of put-downs which were supposed to be funny but weren't.
  - D. The person you liked least stayed around you all night, and you couldn't get rid of them.
  - E. All the food was too greasy and you didn't want any of it.
23. You volunteer to stuff envelopes for a good cause. You would enjoy the time most if ..
- A. There was a group doing it together.
  - B. You develop a very efficient and effective way to do it.
  - C. You can get it over quickly and then have some fun.
  - D. You can do it in your own way and at your own pace.
  - E. The information you are sending out will really help people who need to survive.
24. You join a discussion group. You really enjoy it most when...
- A. People are positively involved with each other.
  - B. You can express your opinions and people listen.
  - C. You really learn things and it feels like fun.
  - D. You feel free to talk if you want, or not talk if you don't.
  - E. The activities and discussion are non-threatening.
25. Changes are proposed at work. Your concern would be ...
- A. You might be more isolated from fellow employees.
  - B. You might lose some responsibilities that you believe you do well.
  - C. The work might be more repetitive and boring - there would be no chance to learn.
  - D. You will have to work under more restrictions.
  - E. You might lose the overtime that currently pays the mortgage.
26. You are attending your own "send-off" - from work, or from the neighbourhood. How would you most like people to describe you?
- A. Always friendly and willing to help.
  - B. Self-assured, balanced, wise, there in an emergency, a great support.
  - C. Entertaining, full of fun, a great host, always doing something interesting.
  - D. Strong and independent, but pitches in when needed.
  - E. Persistent in improving things, keeping things moving along, looking after people's safety.
27. A group of teenagers is rude to you. How would you be most likely to feel?
- A. Sad, lonely. It's terrible when people can't be nice to each other.
  - B. Angry. They have no right to be rude to people who are not interfering with them.

- C. Indulgent. They were only having a bit of fun, and one thing they said was really quite clever.
  - D. Anxious. You just want to be left alone.
  - E. Afraid. It's an attack on your person; they might resort to physical violence.
28. One of your children tells you they are planning to leave school before they complete their education, and to you this seems a bad choice. What might you say to them?
- A. You're very important to me, and I want you to be happy. Let's talk about it.
  - B. This is a big decision you're making here. I want you to consider it carefully. Let's talk about it.
  - C. I guess school isn't much fun at present. Want to talk about it?
  - D. You're entitled to make your own choices. Have you thought this one through? Can we talk?
  - E. Leaving school sounds a bit risky - are you likely to be able to earn a good living? Let's talk about it.
29. Your house becomes much noisier, because it is now under the flight path of a new airport. What is the most upsetting?
- A. The family is at each other's throats because they are all unnerved by the noise.
  - B. Nothing you do to change things seems to make any difference.
  - C. It is impossible to relax.
  - D. There is no escape from the noise.
  - E. The family's health is suffering because of the stress and the pollution.
30. You predict that you will soon look much more attractive in appearance. What will be the most important change in your life?
- A. Someone will fall in love with you, or you will make friends more readily.
  - B. You will just feel so much better about yourself because you will always look attractive.
  - C. You will feel more confident about going out and having fun.
  - D. There will be a much bigger choice of clothes to buy.
  - E. You will feel more energetic and healthy.



Now analyse your choices. Your results are dependent on what is going on right now in your life, and could well be different at another time.

Record the scores for each need. How many 1's did you score next to A, How many 1's did you score next to B etc etc for each one.

A                      B                      C                      D                      E

**The needs are as follows:**

- A. **Being Loving** - your focus is on relationships, harmony between people, caring for them.
- B. **Being Powerful** - you focus on achieving, doing things well, and like to feel balanced and in control of yourself.
- C. **Being Playful (Fun)** - you like humour, laughter, learning new things.
- D. **Being Free** - you like to make your own choices, have variety, feel free to do what you want.
- E. **Being healthy** - Survival - you think of the future, you like to feel safe.

**How to interpret your scores:**

Having all the information in front of you, decide whether the scores you got really reflect the way you think you like to operate. These scores are not necessarily accurate about the way you are all the time - they will be reflecting to some extent how well you are satisfying each need right now.

Now look at the numbers you scored for each need.

Think about the need with the highest number of 1's (there may be more than one if your numbers are close).

There are two ways to evaluate your results and only you will know which of these apply most to you:

1. The Need that is greatest from your questionnaire **is always your biggest "cup"**. For you, this need is the one that most needs expression in your life on a regular basis. It is perhaps your greatest need from a genetic perspective and you must ensure that you are able to express it daily in the work you do, in your relationships and your activities and if you don't fill your cup with enough experiences of being loving, powerful, playful, free or healthy (whichever is your greatest need) then you may well find that food fills the gap instead.
2. The second way to understand your result is to ask yourself whether this need is currently **out of balance right now** for some reason? Perhaps it isn't your genetic makeup that makes this need large but current circumstances or life experience means your cup is pretty empty right now? If you have not been able to express this need for some immediate reason then you need to pay attention right now otherwise you find yourself eating to feel better.

Which one do YOU think applies to you right now?

Of course, few behaviours or experiences satisfy only one need; within the questionnaire, you will have found it difficult to decide on priorities at times. This is because you can satisfy one, two or all needs at the same time. And although the questions attempt to divide up the responses into need categories, the needs will be overlapping within each category. That is why you should make up your own mind on whether your result is an accurate reflection of your needs pattern.

**Some questions to ask yourself:**

1 In what way do I sense that this need is out of balance – have I been (loving, powerful, playful, free or healthy) enough recently?

2. Do I think I have been using food as a rather inefficient way to feel more loving, powerful, playful, free or healthy?

3. Remembering that I cannot depend on other people to satisfy my needs or make me feel loving, powerful, playful, free or healthy, is there one thing I could do that might make a difference?

4. Thinking of a particular time of day or situation when I tend to turn to food even though I'm not really hungry, which need am I probably trying to satisfy? Is there something that I could add to my day at that time that might be more effective for feeling in balance?

5. If I have been blaming someone else for my feelings, what difference would it make if I perceived them as just meeting their own needs? OK, they may not be considering mine, but if I took responsibility for being more loving, powerful, playful, free or healthy, is there anything I could do or think differently?

Now go back to the book or the course with greater understanding of your Needs profile. You will find this personal information very useful as you work through the course or the book or if you are having a personal consultation.

Disclaimer

*Please note: This questionnaire is not designed to diagnose any condition or complaint. It is not for use as psychological testing of any kind and is for personal use only to assist with understanding the connection between eating and emotions.*