

Basic Needs Satisfaction in General Scale

Please read each of the following items carefully, thinking about how it relates to your life, and then indicate how true it is for you. Use the following scale to respond.

Not true	Somewhat true				Very true	
1	2	3	4	5	6	7

1.		I feel like I am free to decide for myself how to live my life.
2.		I really like the people I interact with.
3.		Often, I do not feel very competent.
4.		I feel pressured in my life.
5.		People I know tell me I am good at what I do.
6.		I get along with people I come into contact with.
7.		I pretty much keep to myself and don't have a lot of social contacts.
8.		I generally feel free to express my ideas and opinions.
9.		I consider the people I regularly interact with to be my friends.
10.		I have been able to learn interesting new skills recently.
11.		In my daily life, I frequently have to do what I am told.
12.		People in my life care about me.
13.		Most days I feel a sense of accomplishment from what I do.
14.		People I interact with on a daily basis tend to take my feelings into consideration.
15.		In my life I do not get much of a chance to show how capable I am.
16.		There are not many people I am close to.
17.		I feel like I can pretty much be myself in my daily situations.

18.		The people I interact with regularly do not seem to like me much.
19.		I often do not feel very capable.
20.		There is not much opportunity for me to decide for myself how to do things in my daily life.
21.		People are generally pretty friendly towards me.

Scoring(R) indicates items that need to be reverse scored.

Autonomy: 1, 4(R), 8, 11(R), 14, 17, 20(R)

Competence: 3(R), 5, 10, 13, 15(R), 19(R)

Relatedness: 2, 6, 7(R), 9, 12, 16(R), 18(R)

- Gagné, M. (2003). The role of autonomy support and autonomy orientation in prosocial behavior engagement. *Motivation and Emotion*, 27, 199–223.