



Psychotherapy Institute

120 Carlton St., Suite 203, Toronto, Canada M5A 4K2

NISAN INVENTORY OF LIFE TASKS

LOW 1 2 3 4 5 HIGH

N.I.L.T.	SOCIETY	PARENT	FRIEND	LOVER	SELF		
WORK ➤ Gain value and satisfaction							
LEISURE AND RECREATION ➤ Gain value and satisfaction							
SELF CONCEPT ➤ Be aware of, understand and accept oneself							
MEANING IN LIFE ➤ Direction and purpose							
SPIRITUAL/AESTHETIC/ PHILOSOPHICAL ➤ God/Beauty/Truth							
LOVE PARTNER ➤ Offer and share intimacy							
SEX PARTNER ➤ Intimate communication and pleasure							
FRIEND IN NEED ➤ Supporter and encourager							
PARENT/SOCIAL ALTRUIST ➤ Give without expecting in return							
FRIEND ➤ Friend to your friends							