

Relational Needs Assessment

We all have the same relational needs, but the *priority* of those needs is different for each person. This assessment can help you discover and label your most strongly felt relational needs right now. Answer the questions honestly (don't worry about right or wrong answers or how you *should* feel).

Also, an important aspect of learning to love others is taking the time to understand *their* relational needs, so you can also have family members, friends, parents, etc. complete the assessment and see how well you guessed what needs they are prioritizing!

Sometimes you may score low on a relational need, not because you don't need it in your life, but because it is already being met well. Remember that relational needs are different from temperament, personality type, or "love language." These are needs that we all have and that might be felt more or less strongly during different seasons of life.

How to Complete the Assessment

On the line next to each numbered statement, write a score based on how strongly you agree with what the statement says. Here are the different scores to use:

-2 = I strongly disagree.

-1 = I disagree.

0 = I don't have an opinion either way.

1 = I agree.

2 = I strongly agree.

Try not to give too many zeros; really think about if you have an opinion on something. In the same vein, don't simply put a 2 next to every statement that seems positive. Imagine the *emotional response* you have to each situation or statement, and try to score related to the strength or weakness of that response.

- _____ 1. It's important to me that people receive me for who I am, even if I'm a little "different."
- _____ 2. It's important that my financial world be in order.
- _____ 3. I sometimes get worn out doing things I know are good.
- _____ 4. It's vital to me that others ask me my opinion.
- _____ 5. It's important that I receive physical hugs, warm embraces, etc.
- _____ 6. I feel good when someone makes the effort to "enter into my world."
- _____ 7. It's important for me to know "where I stand" with those who are in authority over me.
- _____ 8. It is meaningful when someone notices that I need help and then offers to get involved.
- _____ 9. If I feel overwhelmed, I want someone to come alongside me and help.
- _____ 10. I'm uplifted when someone recognizes and shows concern for how I'm feeling.
- _____ 11. I like to know if "who I am" is of value and is meaningful to others.
- _____ 12. It is important to me to express myself—what I think, feel, etc.—to those around me.
- _____ 13. It means a lot to me for loved ones to initiate saying to me, "I love you."
- _____ 14. I resist being seen only as a part of a large group, because my individuality is important.
- _____ 15. I really like it when a friend calls to listen to me and encourage me.
- _____ 16. It's important to me that people acknowledge me not just for what I do but for whom I am.
- _____ 17. I feel best when my world is orderly and somewhat predictable.
- _____ 18. When I've worked hard on something, I am pleased when others express gratitude.
- _____ 19. When I "blow it," it's important to me to be reassured that I'm still loved.
- _____ 20. It's encouraging to me when others notice my effort or accomplishments.
- _____ 21. I sometimes feel overwhelmed with all that I have to do.
- _____ 22. I want to be treated with kindness and equality by all regardless of my race, gender, looks, or status.
- _____ 23. I like to be greeted with a handshake or other appropriate friendly touch.
- _____ 24. I like it when someone wants to spend time with me.
- _____ 25. I am blessed when a superior says, "Good job."
- _____ 26. It's important to me for someone to express care for me after I've had a hard day.
- _____ 27. When facing something difficult, I usually sense that I need other people's input and help.
- _____ 28. Notes and calls expressing sympathy after a loss have been (or would be) meaningful to me.
- _____ 29. I feel good when someone close to me shows satisfactions with the way I am.
- _____ 30. I enjoy being spoken of or mentioned in front of other people.
- _____ 31. I would be described as a person who likes hugs and other caring touches.
- _____ 32. When a decision is going to affect me, it's important to me that I am involved in the decision.

- _____ 33. I feel a boost when someone shows interest in what I'm working on.
- _____ 34. I appreciate permanent reminders of something significant I have accomplished.
- _____ 35. I sometimes worry about the future.
- _____ 36. When I'm introduced into a new environment, I typically search for a group to connect with.
- _____ 37. The thought of change (moving, new job, etc.) produces anxiety in me.
- _____ 38. It bothers me when people are prejudiced against someone because they dress or act differently.
- _____ 39. I want to be close to friends and loved ones who will be there "through thick and thin."
- _____ 40. I am touched by written notes and other specific expressions of gratitude.
- _____ 41. To know that someone is praying for me is meaningful to me.
- _____ 42. I am bothered by people who are "controlling."
- _____ 43. I am blessed when I receive spontaneous expressions of love that I didn't do anything to "deserve."
- _____ 44. I am pleased when someone carefully listens to me.
- _____ 45. It means a lot to me when people commend me for a characteristic I exhibit.
- _____ 46. I typically don't want to be alone with experiencing hurt and trouble.
- _____ 47. I don't enjoy working on a project by myself; I prefer to have a partner.
- _____ 48. It's important for me to feel a "part of the group."
- _____ 49. I respond positively to someone who tries to understand me and shows me loving concern.
- _____ 50. I would rather work with a team of people than by myself.

Adding Up Your Scores

Write the score you gave each statement in the corresponding blank below. In the blank above the 1, for instance, write the score you put for the first statement. Then in the blank above 2, write the score you gave the second statement. Add up the blanks to get a total score for each relational need. Note the relational needs listed by the larger totals; you might be experiencing these more strongly than others. Finally, look on the next page for descriptions of all the relational needs. If your results seem off-base, you might change some of your responses after some thought. Or you might just want to look at the descriptions on the next page and choose the ones that resonate best with you. (Note that there are two approaches to meeting a need for security. One might seem more important to you than the other.)

$$\frac{\quad}{1} + \frac{\quad}{19} + \frac{\quad}{36} + \frac{\quad}{38} + \frac{\quad}{48} = \frac{\quad}{\text{total}} \quad \text{ACCEPTANCE}$$

$$\frac{\quad}{5} + \frac{\quad}{13} + \frac{\quad}{23} + \frac{\quad}{31} + \frac{\quad}{43} = \frac{\quad}{\text{total}} \quad \text{AFFECTION}$$

$$\frac{\quad}{18} + \frac{\quad}{20} + \frac{\quad}{25} + \frac{\quad}{34} + \frac{\quad}{40} = \frac{\quad}{\text{total}} \quad \text{APPRECIATION}$$

$$\frac{\quad}{7} + \frac{\quad}{11} + \frac{\quad}{16} + \frac{\quad}{29} + \frac{\quad}{45} = \frac{\quad}{\text{total}} \quad \text{APPROVAL}$$

$$\frac{\quad}{6} + \frac{\quad}{12} + \frac{\quad}{24} + \frac{\quad}{30} + \frac{\quad}{44} = \frac{\quad}{\text{total}} \quad \text{ATTENTION}$$

$$\frac{\quad}{10} + \frac{\quad}{26} + \frac{\quad}{28} + \frac{\quad}{46} + \frac{\quad}{49} = \frac{\quad}{\text{total}} \quad \text{COMFORT}$$

$$\frac{\quad}{3} + \frac{\quad}{15} + \frac{\quad}{21} + \frac{\quad}{33} + \frac{\quad}{41} = \frac{\quad}{\text{total}} \quad \text{ENCOURAGEMENT}$$

$$\frac{\quad}{4} + \frac{\quad}{14} + \frac{\quad}{22} + \frac{\quad}{32} + \frac{\quad}{42} = \frac{\quad}{\text{total}} \quad \text{RESPECT}$$

$$\frac{\quad}{2} + \frac{\quad}{17} + \frac{\quad}{35} + \frac{\quad}{37} + \frac{\quad}{39} = \frac{\quad}{\text{total}} \quad \text{SECURITY}$$

$$\frac{\quad}{8} + \frac{\quad}{9} + \frac{\quad}{27} + \frac{\quad}{47} + \frac{\quad}{50} = \frac{\quad}{\text{total}} \quad \text{SUPPORT}$$

The Ten Relational Needs

ACCEPTANCE: Receiving another person willingly and unconditionally, even when the other's behavior has been imperfect. Being willing to continue loving in spite of offenses. In short: *unconditional kindness*.

AFFECTION: Expressing care and closeness through words, actions, and physical touch. In short: *loving words and touches*.

APPRECIATION: Expressing gratitude, praise, and appreciation of accomplishment or effort. In short: *praise for what a person does*.

APPROVAL: Building up or affirming another person. In short: *praise for whom a person is*.

ATTENTION: Conveying interest, concern, and care for another; taking thought of another person's perspective and experience. In short: *entering a person's world alongside them*.

COMFORT: Responding to a hurting person with words, feelings, and touch; hurting with another person so they are not alone in the pain. In short: *bearing emotional burdens*.

ENCOURAGEMENT: Urging another person to persist and persevere toward a goal; stimulating toward loving and healthy actions. In short: *being a cheerleader*.

RESPECT: Valuing and regarding another highly; treating another as important and worthy. In short: *taking someone seriously*.

SECURITY (safety): Relieving fear of threat or harm through reassurances and practical measures. In short: *being protective and proactive*.

SECURITY (peace): Promoting harmony through peacemaking and reconciliation. In short: *handling conflict gently*.

SUPPORT: Coming alongside another person and helping with a problem or struggle through appropriate assistance. In short: *bearing practical burdens*.

This assessment was edited and formatted by Chuck and Betsy Stokes and based on content owned and created by Intimate Life Ministries (greatcommandment.net) and practiced therapeutically at the Center for Relational Care (relationalcare.org).

Intimacy Theory was created by Dr. David Ferguson and Dr. Bruce Walker.

See all our content at ChuckandBetsy.org, and contact us at ContactChuckandBetsy@gmail.com.