



Relational Needs Questionnaire/Youth

While we all have the same relational needs, the priority of those needs is different for each person. Your greatest need may be for *affection*, while your boyfriend or girlfriend's greatest need may be for *security*. One of your siblings may have an acute need for *comfort*, but another sibling's greatest need may be *encouragement*. *Appreciation* may be at the top of the list for your best friend, while another friend might need *approval* more than anything else. An important aspect of learning to care about the people around you is taking the time to really understand yourself. This questionnaire will help you to assess your most important relational needs. Answer the questions, then score the questionnaire to identify which needs you perceived as most important. After you have completed this questionnaire, you might want to have family members or friends complete it as well and then discuss your results together.

Instructions: Respond to these questions by placing the appropriate number beside each item.

Strongly Disagree
1

Disagree
2

Not Sure
3

Agree
4

Strongly Agree
5

Name: _____ Date: _____

- ___ 1. It is important to me that people receive me for who I am, even if I am a little different.
- ___ 2. It is important to me to know that my financial needs will be taken care of.
- ___ 3. I sometimes get discouraged when I know that I have done a good job, but no one has noticed.
- ___ 4. It is vital to me that others ask me my opinion.
- ___ 5. It is important to me that I receive hugs and warm embraces.
- ___ 6. I feel good when someone gets to know me and takes time to find out about what I am into.
- ___ 7. It is important to me to know where I stand with those who have authority over me.
- ___ 8. It is meaningful when someone notices that I need help and offers to get involved.
- ___ 9. When I feel overwhelmed, I want someone to come alongside me and bear my burden.
- ___ 10. I feel loved when someone recognizes and shows concern for how I am feeling.
- ___ 11. I like to feel that I am valuable and important to others.
- ___ 12. It is important to me to express my thoughts and feelings to those around me.
- ___ 13. It means a lot to me when loved ones say, "I love you."
- ___ 14. I do not like being seen only as part of a group or clique—my individuality is important to me.
- ___ 15. I feel especially cared for when a friend calls to listen and encourage me.
- ___ 16. It is important to me that people acknowledge me not just for what I do, but also for who I am.
- ___ 17. I feel best when my world is orderly and somewhat predictable.
- ___ 18. When I have worked hard on something, I am pleased when others express gratitude.
- ___ 19. When I fail, it is important that others reassure me that I am still loved.
- ___ 20. It is encouraging to me when others notice my effort or accomplishments.
- ___ 21. I sometimes feel overwhelmed with all 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 feel especially honored when a parent, teacher, or employer says, "Good job."
- ___ 26. It is important that someone expresses care for me after I have had a hard day.
- ___ 27. When facing something difficult, I appreciate having other people's input and assistance.
- ___ 28. When I am going through a hard time, a call, email, or text message from a friend really helps.
- ___ 29. I feel good when someone close to me tells me that they like me the way I am.
- ___ 30. I feel loved when someone spends time doing something with me that I really enjoy, even if it is not one of their favorite activities.
- ___ 31. I am a person who likes caring touch.
- ___ 32. When a decision is going to affect me, it is important that I be involved in the decision-making process.
- ___ 33. I feel special when someone shows interest in what I am working on.
- ___ 34. I appreciate trophies, plaques, or special gifts as permanent reminders of something that I have done.
- ___ 35. I sometimes worry about the future.
- ___ 36. When I am introduced into a new environment, I typically search for a group with which I can connect.
- ___ 37. The thought of major change makes me feel nervous or stressed.
- ___ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
- ___ 39. I want my friends and loved ones to be there for me "through thick and thin."
- ___ 40. I enjoy receiving written notes and other specific expressions of gratitude.
- ___ 41. Knowing that someone is praying for me is meaningful to me.
- ___ 42. I am bothered by people who are controlling.
- ___ 43. I feel good when I receive unexpected expressions of love.
- ___ 44. I am pleased when someone listens carefully to me.
- ___ 45. I feel good when people praise me for a godly characteristic that I exhibit.
- ___ 46. I typically do not want to be alone when experiencing hurt and trouble.
- ___ 47. I do not enjoy working on a project by myself; I prefer to have a partner.
- ___ 48. It is important for me to feel like I am a part of the group.
- ___ 49. I appreciate it when someone tries to understand me and shows me loving concern.
- ___ 50. I would rather work with a team of people than by myself.

To score the questionnaire, see the next page.



Identifying Your Top Needs Scoring Youth

Add up your responses corresponding to each question to find the totals related to each need.

Acceptance

1 _____
19 _____
36 _____
38 _____
48 _____
Total _____

Respect

4 _____
14 _____
22 _____
32 _____
42 _____
Total _____

Comfort

10 _____
26 _____
28 _____
46 _____
49 _____
Total _____

Security

2 _____
17 _____
35 _____
37 _____
39 _____
Total _____

Affection

5 _____
13 _____
23 _____
31 _____
43 _____
Total _____

Support

8 _____
9 _____
27 _____
47 _____
50 _____
Total _____

Appreciation

18 _____
20 _____
25 _____
34 _____
40 _____
Total _____

Attention

6 _____
12 _____
24 _____
30 _____
44 _____
Total _____

Encouragement

3 _____
15 _____
21 _____
33 _____
41 _____
Total _____

Approval

7 _____
11 _____
16 _____
29 _____
45 _____
Total _____



Identifying Your Top Needs/Youth

For Reflection or Discussion

1. On which three needs did you score highest? What were these scores?

2. On which three needs did you score lowest? What were these scores?

3. If you are completing this questionnaire with someone else (such as a parent, family member, boyfriend/girlfriend, or friend), what were their highest and lowest totals?

Three Highest:

Three Lowest:

4. What might be some of the implications of your scores relative to their scores?
