

Relational Needs Questionnaire — Ages 7–10

*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 really have a 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.

Instructions: Answer these questions by placing the appropriate number beside each item. Use the scale below of 1–5 and have fun!



Name: _____ Date: _____

- ___ 1. It's important that people like me, even if I'm not exactly like them.
- ___ 2. It's really important to me that I know that we have enough money to buy food and have a place to live.
- ___ 3. I sometimes get discouraged when I know I've done a good job, but no one says anything.
- ___ 4. It's very important to me that other people ask me what I think about things.
- ___ 5. It's important that I receive hugs, pats on the back, etc...
- ___ 6. I feel good when someone gets to know me and what my "world" is like.
- ___ 7. It's important for me to know what teachers, coaches, my parents, other adults think about me.
- ___ 8. I like it when someone sees that I need help and then they offer to help.
- ___ 9. If I feel like I can't do something, I want someone to come and help me.
- ___ 10. I feel loved when someone sees when I'm feeling sad or angry and cares about it.
- ___ 11. I like to know if people around me think I am special and have value to them.
- ___ 12. Most of the time, I don't like to be by myself a lot.
- ___ 13. I like it when people I love say, "I love you" to me first.
- ___ 14. I don't like it when I'm just part of a large group—I like to be noticed as myself.
- ___ 15. I feel really cared for when a friend calls to ask how I am doing or ask me to come over.
- ___ 16. It's important to me that people notice and tell me good things about who I am more than for what I do.
- ___ 17. I feel best when my world is in order and I can count on most things staying the same.
- ___ 18. When I've worked hard on something, I like it when others say, "thank you".
- ___ 19. When I "blow it," it's important to me to be told that I'm still loved.

- ___ 20. It's really important to me that others notice my effort or when I finish things.
- ___ 21. I sometimes feel overwhelmed with all the things I have to do.
- ___ 22. I want to be treated with kindness by everyone no matter what my race, gender, looks, or how much money I have.
- ___ 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 really happy when an adult says, "Good job!"
- ___ 26. It's important to me for someone to show me care after I've had a hard day.
- ___ 27. When I have to do something hard, I usually know that I need other people's help.
- ___ 28. I really like it when someone writes me a note or calls to tell me they are sorry I'm going through a hard time.
- ___ 29. I feel good when someone close to me says they like the way I am.
- ___ 30. I enjoy being talked about in front of other people.
- ___ 31. People who know me say I am a person who likes hugs and/or other caring touch.
- ___ 32. When a decision is going to affect me, it's important to me that I am involved in the decision.
- ___ 33. I feel special when someone sees what I'm working on and watches me.
- ___ 34. I like trophies, plaques, or special gifts as reminders of something I have done.
- ___ 35. I sometimes worry about the future.
- ___ 36. When I go to a new place with people I don't know, I usually look for a group of people to connect with.
- ___ 37. The thought of change (moving, new school...etc.) makes me feel afraid or nervous.
- ___ 38. It bothers me when people are mean to someone just because they dress or act differently.
- ___ 39. I want to be close to friends and loved ones who will be there "in good times and bad times."
- ___ 40. I really like it when someone writes a "thank you" note or tells me "thank you."
- ___ 41. To know that someone is praying for me means a lot to me.
- ___ 42. I don't like to be around "controlling" people.
- ___ 43. I feel loved when I am surprised by someone telling or writing a note to tell me they love me.
- ___ 44. I like it when someone carefully listens to me.
- ___ 45. I feel loved when people tell me about a godly characteristic I show to others.
- ___ 46. I usually don't want to be alone when I am feeling hurt and in trouble.
- ___ 47. I don't enjoy working on a project by myself; I like to have someone working on the project with me.
- ___ 48. It's important for me to feel a "part of the group."
- ___ 49. I work better with someone when they try to understand me and show me that they are concerned about me and love me.
- ___ 50. I would rather work with a group of people than by myself.

To score the questionnaire, see next page.

Identifying Your Top Needs Scoring — Ages 7–10

Add up your responses corresponding to each question to find the totals related to each need. After you have finished, you might want to have family members or friends complete it as well and then discuss your results together.

Acceptance	Security	Encouragement
1 _____	2 _____	3 _____
19 _____	17 _____	15 _____
36 _____	35 _____	21 _____
38 _____	37 _____	33 _____
48 _____	39 _____	41 _____
Total _____	Total _____	Total _____
Respect	Affection	Attention
4 _____	5 _____	6 _____
14 _____	13 _____	12 _____
22 _____	23 _____	24 _____
32 _____	31 _____	30 _____
42 _____	43 _____	44 _____
Total _____	Total _____	Total _____
Approval	Support	Comfort
7 _____	8 _____	10 _____
11 _____	9 _____	26 _____
16 _____	27 _____	28 _____
29 _____	47 _____	46 _____
45 _____	50 _____	49 _____
Total _____	Total _____	Total _____
	Appreciation	
	18 _____	
	20 _____	
	25 _____	
	34 _____	
	40 _____	
	Total _____	

1. What were your three highest totals? Which needs do they represent?

2. What were your three lowest totals? Which needs do they represent?