

## Relational Needs Assessment Tool

*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 spouse, boyfriend, or girlfriend's greatest need may be for **security**. One of your siblings may really have a need for **comfort**, but a coworker'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 is important that people receive me for who I am – even if I’m a little “different.”
- \_\_\_ 2. It is important to me that my world is in order.
- \_\_\_ 3. I sometimes grow tired of trying to do my best.
- \_\_\_ 4. It is significant to me when others ask my opinion.
- \_\_\_ 5. It is important that I receive frequent physical hugs, warm embraces, etc.
- \_\_\_ 6. I feel good when someone takes a special interest in the things that are important to me.
- \_\_\_ 7. It is 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. When I feel overwhelmed, I especially need someone to come alongside me and help.
- \_\_\_ 10. I feel pleased when someone recognizes and shows concern for how I’m feeling emotionally.
- \_\_\_ 11. I like to know that I am significant and valued by others.
- \_\_\_ 12. Generally speaking, I don’t like a lot of solitude.
- \_\_\_ 13. I like it when my loved ones say to me, “I love you.”
- \_\_\_ 14. I don’t like being seen only as a part of a large group – my individuality is important.
- \_\_\_ 15. I am pleased when a friend calls to listen to me and encourage me.
- \_\_\_ 16. It is important to me that people acknowledge me not just for what I do but for who I am.
- \_\_\_ 17. I feel best when my world is orderly and somewhat predictable.
- \_\_\_ 18. When I’ve worked hard on a project, I am pleased to have people acknowledge my work and express gratitude.
- \_\_\_ 19. When I “blow it”, it is important to me to be reassured that I am still loved.
- \_\_\_ 20. It is encouraging to me when I realize that others notice my skills and strengths.

- \_\_\_ **21.** I sometimes feel overwhelmed and discouraged.
- \_\_\_ **22.** It's important to me to be treated with kindness and equality, regardless of my race, gender, looks, and status.
- \_\_\_ **23.** To have someone I care about touch me on the arm or shoulder or give me a hug feels good.
- \_\_\_ **24.** I enjoy it when someone wants to spend time with just me.
- \_\_\_ **25.** It is meaningful when someone I look up to says, "Good job."
- \_\_\_ **26.** It is important to me for someone to show concern for me after I've had a hard day.
- \_\_\_ **27.** While I may feel confident about what I "do" (my talents, gifts, etc.), I also believe that I need other people's input and help.
- \_\_\_ **28.** Written notes and calls expressing sympathy after the death of a loved one, health problems, or other stressful events are (or would be) very meaningful to me.
- \_\_\_ **29.** I feel good when someone shows satisfaction with the way I am.
- \_\_\_ **30.** I enjoy being spoken well of or affirmed in front of a group of people.
- \_\_\_ **31.** I would be described as an "affectionate" person.
- \_\_\_ **32.** When a decision is going to affect my life, it is important to me that my input is sought and given serious consideration.
- \_\_\_ **33.** I am pleased when someone shows interest in current projects on which I am working.
- \_\_\_ **34.** I appreciate trophies, plaques, and special gifts, which are permanent reminders of something significant that I have done.
- \_\_\_ **35.** It is not unusual for me to worry about the future.
- \_\_\_ **36.** When I am introduced into a new environment, I typically search for a group of people with whom I can connect.
- \_\_\_ **37.** The possibility of major change (moving, new job...etc.) produces anxiety for me.
- \_\_\_ **38.** It bothers me when people are prejudiced against others just because they dress or act different.
- \_\_\_ **39.** It is necessary for me to be surrounded by friends and loved ones who will be there "through thick and thin."
- \_\_\_ **40.** Receiving written notes and expressions of gratitude particularly pleases me.
- \_\_\_ **41.** To know that someone is thinking of me is very meaningful.
- \_\_\_ **42.** People who try to control me or others annoy me.
- \_\_\_ **43.** I am pleased by unexpected and spontaneous expressions of care.
- \_\_\_ **44.** I feel important when someone looks me in the eye and listens to me without distractions.
- \_\_\_ **45.** I am grateful when people commend me for a positive characteristic I exhibit.
- \_\_\_ **46.** I don't like to be alone when experiencing hurt and trouble; it is important for me to have a companion who will be with me.
- \_\_\_ **47.** I don't enjoy working on a project by myself; I prefer to have a "partner" on important projects.
- \_\_\_ **48.** It is important for me to know I am "part of the group."
- \_\_\_ **49.** I respond to someone who tries to understand me emotionally and who shows me caring concern.
- \_\_\_ **50.** When working on a project, I would rather work with a team of people than by myself.

## Identifying Your Top Needs Scoring

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.

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

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

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