

## 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 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!

Strongly  
Disagree  
**1**

Disagree  
**2**

Neutral  
**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. 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> _____	

## Identifying Your Top Needs — Youth

*The following questions are great 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?