



Relational Needs Assessment Tool

This exercise will enable you to better identify the priority of your relational needs.

Instructions:

Take time to individually respond to the following statements by placing the appropriate number beside each sentence. Respond honestly and without over thinking your answers. When you have completed all fifty statements, the scoring worksheet at the end will help you identify the priority of your relational needs. 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 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.



Relational Needs Assessment Scoring

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

Acceptance

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

Security

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

Encouragement

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

Respect

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

Affection

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

Attention

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

Approval

7 _____
16 _____
20 _____
29 _____
45 _____
Total _____

Support

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

Comfort

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

Appreciation

11 _____
18 _____
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?