

## Top Ten Relational Needs Assessment

Instructions: Read the definitions below and select the three needs that you believe are most important to you by marking the boxes in the column on the left. Then select three that you believe are most important to your spouse at this time by marking the boxes in the column on the right.

You		Spouse
<input type="checkbox"/>	<b>Acceptance:</b> Receiving others willingly and unconditionally (even when their behavior has been imperfect) and loving them in spite of any differences that may exist between you (Romans 15:7).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Affection:</b> Expressing care and closeness through physical touch and through words such as “I love you” or “I care about you” (Romans 16:16; Mark 10:16).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Appreciation:</b> Expressing thanks, praise, or commendation, particularly in recognition of someone's accomplishments or efforts (1 Corinthians 11:2).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Approval (Blessing):</b> Building up or affirming another person, particularly for who they are (as opposed to what they do); affirming both the fact and the importance of our relationship with another person (Ephesians 4:29).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Attention:</b> Conveying appropriate interest, concern, and care; taking notice of others and making an effort to enter into their respective worlds (1 Corinthians 12:25 NASB).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Comfort:</b> Caringly responding to a hurting person through words, actions, emotional responses, and physical touch; hurting with and or others in the midst of their grief or pain (Romans 12:15 NASB; Matthew 5:4; 2 Corinthians 1:3-4).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Encouragement:</b> Urging others to persist and persevere in their efforts to attain their goals; stimulating others toward love and good deeds (1 Thessalonians 5:11; Hebrews 10:24).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Respect:</b> Valuing one another highly, treating one another as important, and honoring one another with our words and actions (Romans 12:10; 1 Peter 2:17).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Security (Peace):</b> Establishing and maintaining harmony in our relationships and providing freedom from fear or threat of harm through expressions of vulnerability, deepening of trust, and the successful resolution of conflict (Romans 12:16, 18).	<input type="checkbox"/>
<input type="checkbox"/>	<b>Support:</b> Coming alongside others and providing gentle, appropriate assistance with a problem or struggle (Galatians 6:2).	<input type="checkbox"/>

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

Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
-2	-1	0	1	2

- \_\_\_ 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 that my finances be in order.
- \_\_\_ 3. I sometimes become “weary in well doing.”
- \_\_\_ 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 “enters into my world.”
- \_\_\_ 7. It is important to me to know where I stand with those who have authority over me.
- \_\_\_ 8. I am blessed 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 blessed 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 resist being seen only as a part of a large group - my individuality is important to me.
- \_\_\_ 15. I am blessed 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 am blessed when a superior 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. Written notes and calls expressing sympathy after a serious loss or difficulty are meaningful to me.
- \_\_\_ 29. I feel good when someone close to me expresses satisfaction with me.
- \_\_\_ 30. I am blessed 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 am blessed 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 change produces anxiety for me.
- \_\_\_ 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 am blessed when I receive unmerited, spontaneous expressions of love.
- \_\_\_ 44. I am pleased when someone listens carefully to me.
- \_\_\_ 45. I am blessed when people commend 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 undertaking 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.

1. Add up your responses to the items related to the need for **Acceptance**:

1 \_\_\_\_\_  
19 \_\_\_\_\_  
36 \_\_\_\_\_  
38 \_\_\_\_\_  
48 \_\_\_\_\_  
Total \_\_\_\_\_

2. Add up your responses to the items related to the need for **Affection**:

5 \_\_\_\_\_  
13 \_\_\_\_\_  
23 \_\_\_\_\_  
31 \_\_\_\_\_  
43 \_\_\_\_\_  
Total \_\_\_\_\_

3. Add up your responses to the items related to the need for **Appreciation**:

18 \_\_\_\_\_  
20 \_\_\_\_\_  
25 \_\_\_\_\_  
34 \_\_\_\_\_  
40 \_\_\_\_\_  
Total \_\_\_\_\_

4. Add up your responses to the items related to the need for **Approval**:

7 \_\_\_\_\_  
11 \_\_\_\_\_  
16 \_\_\_\_\_  
29 \_\_\_\_\_  
45 \_\_\_\_\_  
Total \_\_\_\_\_

5. Add up your responses to the items related to the need for **Attention**:

6 \_\_\_\_\_  
12 \_\_\_\_\_  
24 \_\_\_\_\_  
30 \_\_\_\_\_  
44 \_\_\_\_\_  
Total \_\_\_\_\_

6. Add up your responses to the items related to the need for **Comfort**:

10 \_\_\_\_\_

26 \_\_\_\_\_

28 \_\_\_\_\_

46 \_\_\_\_\_

49 \_\_\_\_\_

Total \_\_\_\_\_

7. Add up your responses to the items related to the need for **Encouragement**:

3 \_\_\_\_\_

15 \_\_\_\_\_

21 \_\_\_\_\_

33 \_\_\_\_\_

41 \_\_\_\_\_

Total \_\_\_\_\_

8. Add up your responses to the items related to the need for **Respect**:

4 \_\_\_\_\_

14 \_\_\_\_\_

22 \_\_\_\_\_

32 \_\_\_\_\_

42 \_\_\_\_\_

Total \_\_\_\_\_

9. Add up your responses to the items related to the need for **Security**:

2 \_\_\_\_\_

17 \_\_\_\_\_

35 \_\_\_\_\_

37 \_\_\_\_\_

39 \_\_\_\_\_

Total \_\_\_\_\_

10. Add up your responses to the items related to the need for **Support**:

8 \_\_\_\_\_

9 \_\_\_\_\_

27 \_\_\_\_\_

47 \_\_\_\_\_

50 \_\_\_\_\_

Total \_\_\_\_\_