

RELATIONAL NEEDS *From Your Family Origin*

When you were a child, you had relational needs. Consider for a moment how well your biological parent met your relational needs in your early years, from Birth up to about age twelve.

As you consider the definition of each need, ask yourself, “Did my mother take initiative to meet this need adequately, lovingly and consistently?”

Can you describe specific memories related to each need? If so, mark the appropriate box with a half circle.

Next, ask yourself the same question about your father. If he took initiative to meet the need adequately, lovingly and consistently, mark the box with a half circle. If they both met the need, you will have a full circle “O”.

If you are unable to think of specific examples of this need being met by either parent, mark the box with an “X”.

Be truthful about your perceptions and feelings. Do not minimize them. At the same time, recognize that your parents could have sincerely loved you while still inadvertently neglecting some of your relational needs. The aim of this exercise is simply to identify unmet needs, not to cast blame or judgment.

EXAMPLES OF NEEDS MET:

I remember the many times my mother would read to me as a child.

I remember that my dad made it a priority to be at all my basketball games. And I remember him patiently helping me with my math homework.

I remember mom simply holding me while I cried after my best friend moved away.

Example:

RELATIONAL NEED	FATHER/ MOTHER
<i>Acceptance</i>	C
<i>Affection</i>)
<i>Appreciation</i>	O
<i>Attention</i>	X

RELATIONAL NEED	FATHER/ MOTHER
<i>Acceptance</i>	
<i>Affection</i>	
<i>Appreciation</i>	
<i>Approval</i>	
<i>Attention</i>	
<i>Comfort</i>	
<i>Encouragement</i>	
<i>Respect</i>	
<i>Security</i>	
<i>Support</i>	