

RELATIONAL NEEDS GLOSSARY

| RELATIONAL NEED | DEFINITION | EMOTION EXAMPLES |
|---|--|---|
| ACCEPTANCE <i>“Our relationship is safe”</i> | <ul style="list-style-type: none"> » Unconditionally accepting someone as a person regardless of behavior or performance. » Safety and commitment in spite of differences or failures. | <ul style="list-style-type: none"> » Judged » Offended » Insecure » Afraid <ul style="list-style-type: none"> » Need to prove something |
| Affection <i>“I delight in you”</i> | <ul style="list-style-type: none"> » Expressing love, care and closeness through physical touch. » Sharing words of devotion and commitment. | <ul style="list-style-type: none"> » Undesirable » Disconnected <ul style="list-style-type: none"> » Unsafe » Distant |
| Appreciation <i>“I am grateful for what you did”</i> | <ul style="list-style-type: none"> » Expressing thanks, praise or commendation. » Recognizing accomplishment or efforts made. | <ul style="list-style-type: none"> » Unappreciated » Isolated » Unwanted <ul style="list-style-type: none"> » Jealous » Worthless |
| Approval (Blessing) <i>“I like who you are!”</i> | <ul style="list-style-type: none"> » Building up or affirming another for who they are. » Expressing the fact and the importance of a relationship. | <ul style="list-style-type: none"> » Worthless » Unsafe in a relationship <ul style="list-style-type: none"> » Judged » Insecure |
| Attention <i>“I know you and care about you”</i> | <ul style="list-style-type: none"> » Entering into a person’s world. » Taking a genuine interest in their life, uniqueness and concerns. » Being mindful of another. | <ul style="list-style-type: none"> » Desperate » Disconnected <ul style="list-style-type: none"> » Lonely » Frustrated |
| Comfort (Empathy) <i>“I join you in your pain”</i> | <ul style="list-style-type: none"> » Responding to a hurting person with words, feelings and touch. » Hurting with and for another’s grief or pain. » Empathizing deeply with another. | <ul style="list-style-type: none"> » Bitter » Discouraged » Depressed <ul style="list-style-type: none"> » Confused » Grieving » Gloomy |
| Encouragement <i>“You can do it”</i> | <ul style="list-style-type: none"> » Urging another to persist and persevere toward a goal. » Stimulating someone toward love and good deeds. » Bringing words of hope to a weary person. | <ul style="list-style-type: none"> » Despairing » Weary » Hopeless <ul style="list-style-type: none"> » Isolated » Discouraged » Sullen |
| Respect <i>“I value your personhood”</i> | <ul style="list-style-type: none"> » Valuing and regarding one another highly. » Treating one another as important. » Honoring one another. | <ul style="list-style-type: none"> » Valueless » Unimportant <ul style="list-style-type: none"> » Unwanted » Angry |
| Security (Peace) <i>“I will help you feel safe”</i> | <ul style="list-style-type: none"> » Relational harmony is present, even in conflict. » Sense of trust and safety. » Providing freedom from fear, harm or loss of relationship. | <ul style="list-style-type: none"> » Anxious » Distrustful <ul style="list-style-type: none"> » Uncertain » Worrisome |
| Support <i>“I will help you with your burdens”</i> | <ul style="list-style-type: none"> » Coming alongside and helping with problems or struggles. » Providing appropriate assistance. | <ul style="list-style-type: none"> » Weary » Desperate » Frustrated <ul style="list-style-type: none"> » Abandoned » Stressed |