

COMMUNICATION: *Understanding Your Relational Needs*

Relational Needs Questionnaire

While we all have the same relational needs, the priority of our needs varies. Your greatest need may be for affection, while your partner's greatest need may be security. One child may have an acute need for comfort, but another sibling's greatest need may be encouragement. An important aspect of learning to love others is taking the time to know them and discover what their priority needs are. This questionnaire will help you assess your most important relational needs. Answer the questions, then score the questionnaire to identify the needs you perceive as most important. Have each person complete the questionnaire and then discuss the results.

Instructions: Respond to the following questions by placing the appropriate number beside each item:

Strongly Disagree (1)

Disagree (2)

Neutral (3)

Agree (4)

Strongly Agree (5)

- ___ 1. It's important that people receive me for who I am, even if I'm a little "different."
- ___ 2. It's important to me that my financial world be in order.
- ___ 3. I sometimes grow tired of doing the right thing.
- ___ 4. It's vital to me that others ask me my opinion.
- ___ 5. It's important that I receive physical hugs, warm embraces, etc.
- ___ 6. I feel good when people express interest in my world.
- ___ 7. It's 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 they offer to get involved.
- ___ 9. If I feel overwhelmed, I want someone to come alongside me and help.
- ___ 10. I feel blessed when someone recognizes and shows concern for how I'm feeling.
- ___ 11. I like that "who I am" is of value and is meaningful to others.
- ___ 12. It is important to me to express myself—what I think, feel, etc.—to those around me.
- ___ 13. It means a lot to me for loved ones to initiate saying to me, "I love you."
- ___ 14. I resist being seen only as a part of a large group—my individuality is important.
- ___ 15. I am blessed when a friend calls to listen and encourage me.
- ___ 16. It's 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 something, I am pleased when others express gratitude.
- ___ 19. When I "blow it," it's important to me to be reassured that I'm still loved.
- ___ 20. It's encouraging to me that 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's important to me for someone to express care for me after I've had a hard day.
- ___ 27. When facing something difficult, I usually sense that I need other people's input and help.
- ___ 28. Written notes and calls expressing sympathy after a serious loss or difficulty are (or would be) meaningful to me.
- ___ 29. I feel good when someone close to me shows satisfaction with the way I am.
- ___ 30. I enjoy being spoken well of or mentioned in front of other people.
- ___ 31. I would be described as a person who likes hugs and/or other caring touches.
- ___ 32. When a decision is going to affect me, it's important to me that I am involved in the decision.
- ___ 33. I am blessed when someone shows interest in what I'm working on.
- ___ 34. I appreciate trophies, plaques or special gifts as permanent reminders of something significant I have done.
- ___ 35. I sometimes worry about the future.
- ___ 36. When I'm introduced into a new environment, I typically try to connect with a group or individual.
- ___ 37. The thought of change (moving, new job, etc.) produces anxiety for me.
- ___ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
- ___ 39. I want to be close to friends and loved ones who will be there "through thick and thin."
- ___ 40. I am blessed by written notes and other specific expressions of gratitude.
- ___ 41. To know that someone is praying for me is meaningful to me.
- ___ 42. I am bothered by "controlling" people.
- ___ 43. I am blessed when I receive unmerited and spontaneous expressions of love.
- ___ 44. I am blessed when someone carefully listens to me.
- ___ 45. I am blessed when people commend me for a godly characteristic I exhibit.
- ___ 46. I typically don't want to be alone when experiencing hurt and trouble.
- ___ 47. I don't enjoy working on a project by myself; I prefer to have a partner.
- ___ 48. It's important for me to feel a "part of the group."
- ___ 49. I respond to someone who tries to understand me and who 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.

RELATIONAL NEEDS QUESTIONNAIRE: *Scoring*

1. Add up your responses (1, 2, 3, 4, 5) to items:

1 ____ 19 ____ 36 ____ 38 ____ 48 ____ Total ____

These responses relate to the need for **ACCEPTANCE**.

2. Add up your responses to items:

5 ____ 13 ____ 23 ____ 31 ____ 43 ____ Total ____

These responses relate to the need for **AFFECTION**.

3. Add up your responses to items:

18 ____ 20 ____ 25 ____ 34 ____ 40 ____ Total ____

These responses relate to the need for **APPRECIATION**.

4. Add up your responses to items:

7 ____ 11 ____ 16 ____ 29 ____ 45 ____ Total ____

These responses relate to the need for **APPROVAL**.

5. Add up your responses to items:

6 ____ 12 ____ 24 ____ 30 ____ 44 ____ Total ____

These responses relate to the need for **ATTENTION**.

6. Add up your responses to items:

10 ____ 26 ____ 28 ____ 46 ____ 49 ____ Total ____

These responses relate to the need for **COMFORT**.

7. Add up your responses to items:

3 ____ 15 ____ 21 ____ 33 ____ 41 ____ Total ____

These responses relate to the need for **ENCOURAGEMENT**.

8. Add up your responses to items:

4 ____ 14 ____ 22 ____ 32 ____ 42 ____ Total ____

These responses relate to the need for **RESPECT**.

9. Add up your responses to items:

2 ____ 17 ____ 35 ____ 37 ____ 39 ____ Total ____

These responses relate to the need for **SECURITY**.

10. Add up your responses to items:

8 ____ 9 ____ 27 ____ 47 ____ 50 ____ Total ____

These responses relate to the need for **SUPPORT**.

REFLECTION AND DISCUSSION

1. What were your three highest totals? Which needs do they represent?

1) _____

2) _____

3) _____

2. Talk through each of your highest relational need totals with your partner.

3. Ask one another how you can help meet those needs in proactive ways.