

Relational Needs Questionnaire

While we all have the same relational needs, the *priority* of those needs is different for each person. 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*. *Appreciation* may be at the top of the list for your next door neighbor, while your tennis buddy needs *approval* more than anything else.

An important aspect of learning to love others is taking the time to know them and to 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 which needs you perceived as most important. Have family members, friends, and ministry team members complete the questionnaire and then discuss the results.

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

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
-2	-1	0	+1	+2

- _____ 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 become "weary in well doing."
- _____ 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 someone "enters into 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 to know if "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."

Relational Needs Questionnaire – Page 2

- _____ 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 of or mentioned in front of other people.
- _____ 31. I would be described as a person who likes hugs and/or other caring touch.
- _____ 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 search for a group to connect with.
- _____ 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 pleased 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.

Name: _____

Relational Needs Questionnaire Scoring Key

1. Add up your responses (-2, -1, 0, +1, +2) 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**.