

Relational Needs Assessment

Step 1

Personally respond to these questions by placing the appropriate number beside each statement. Then use the table on the next page to total your score.

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	2	3	4	5
1. I often experience anxiety that I will be physically harmed by those I have significant relationships with.				
2. Sudden and frequent mood changes from others are unsettling to me.				
3. I am upset when I am treated differently because of how I look or how I behave.				
4. It bothers me when decisions are made that affect my life without consulting me.				
5. I often feel that people do not care that I am hurting.				
6. It hurts me when it seems that no one asks me for my opinion.				
7. It often seems that no one is expressing love to me.				
8. I often feel that others do not have faith in my ability to reach new goals.				
9. I often feel that people are tired of helping me with my problems.				
10. I get anxious when there does not seem to be enough groceries and supplies for my family.				
11. I often experience fear that I am going to be punished or I will lose the relationship if I make minor mistakes.				
12. I get anxious when people in my life do not follow through with their commitments.				
13. I often feel left out of a group because I believe I am not acceptable.				
14. I feel insignificant when someone appears disinterested in what I enjoy.				
15. When I am hurting or in trouble, I do not like to be alone.				
16. I feel uncomfortable when I am unclear about "where I stand" with those in authority over me.				
17. I often use physical touch to repair an uncomfortable relationship.				
18. I often feel overwhelmed by the expectations others appear to have of me.				
19. I often feel I have no one to turn to when I need help with a problem or struggle.				
20. When I perceive that my household is falling apart, dirty or in disarray I am less able to focus on other things.				
21. I often feel no one will help me when I am frightened or in danger.				
22. It is upsetting to me when people respond differently to me in different circumstances.				
23. I feel uncomfortable in a new situation if no one I know is present.				
24. It bothers me when I believe that I am being ignored by the people in my life.				
25. I feel hurt when it seems no one understands my pain.				
26. I am fearful that I will not be respected when I have been given a position of authority.				
27. Without physical touch I sometimes feel that a person does not care about me.				
28. I often feel that people in my life do not care about my success.				
29. I often feel overwhelmed by the circumstances in my life.				
30. When I am not able to provide new clothing for my family each season, I feel anxious.				

31. I often feel anxious that people will hurt me if I trust them and allow them to really get to know me.	
32. It bothers me when my routine is changed.	
33. I feel anxious when I am alone.	
34. I feel hurt when people appear to lack confidence in my abilities.	
35. It often seems that no one is concerned about how I am doing emotionally.	
36. I often feel I don't deserve to be praised and publicly acknowledged for my accomplishments.	
37. I sometimes feel unloved when I do not receive warm hugs and gentle touches.	
38. I often believe that people think I am a failure if I say I can't add another task.	
39. I often feel hurt because it appears that no one wants to help me with difficult situations.	
40. It is difficult for me to concentrate on anything else when it appears I will not have enough funds to cover all my expenses.	
41. When I am disappointed I often believe that nothing will ever go the way I thought it would.	
42. Disorder and chaos make me feel anxious.	
43. I have a hard time believing that people want me as a friend.	
44. I often feel unworthy.	
45. It often seems that people don't take the time to listen to my concerns.	
46. I feel hurt at times when my work is not acknowledged by people in my life.	
47. It sometimes seems that people are angry with me if they don't say, "I love you."	
48. I sometimes need positive input from others about my abilities and ideas.	
49. I often feel no one understands how much help I need.	
50. I often think about my ability to help others with food, shelter and clothing.	

Fill in the table below using the answers from above. Next, tally the answers for each relational need, placing the total for each need in the total box.

Security	Provision	Consistency	Belonging	Valued
1.	10.	2.	3.	4.
11.	20.	12.	13.	14.
21.	30.	22.	23.	24.
31.	40.	32.	33.	34.
41.	50.	42.	43.	44.
Total:	Total:	Total:	Total:	Total:
Comfort	Recognition	Affection	Encouragement	Support
5.	6.	7.	8.	9.
15.	16.	17.	18.	19.
25.	26.	27.	28.	29.
35.	36.	37.	38.	39.
45.	46.	47.	48.	49.
Total:	Total:	Total:	Total:	Total:

Step 2

Rank your needs from 1 to 10, placing this rank in the table below. The Rank of 1 will go to the relational need that had the highest total. The rank of 10 will go to the relational need that had the lowest total. If two or more Relational Needs have the same score, you are to rank them in the order that best reflects what you feel is most important.

Example: If Security totals 8 and Provision totals 5...Security will rank 1, Provision will rank 2.

Need	Rank	Need	Rank	Need	Rank	Need	Rank	Need	Rank
Security		Provision		Consistency		Belonging		Valued	
Comfort		Recognition		Affection		Encouragement		Support	

Relational Need	Definition
Provision	Having adequate food, clothing and shelter.
Security	Feeling safe in a relationship: physically, emotionally. Feeling safe in my environment.
Consistency	Having life in order, responding with self-control, knowing what to expect from the behavior of others.
Belonging	Feeling that I am a part of a group, knowing I am accepted even when my behavior is less than perfect.
Valued	Someone taking an interest in what I am doing. Someone appreciates the person that I am.
Comfort	When I am hurting, having someone express genuine care and concern, acknowledging what I am feeling with words or appropriate touch.
Recognition	Words of thanks/acknowledgment. Having someone regard me highly for what I accomplish, and being respected by others. Feeling honored in the relationship
Affection	Having someone show appropriate non-sexual, physical touch. Someone saying, "I love you." Someone showing me they care about me.
Encouragement	Someone acknowledging my attempts to reach new goals or to do the right thing.
Support	Having someone gently help me with a problem or struggle, while giving appropriate assistance.