

Top Ten Relational Needs Questionnaire

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

- | Strongly Disagree | Disagree | Not Sure | Agree | Strongly Agree |
|-------------------|----------|----------|-------|----------------|
| -2 | -1 | 0 | +1 | +2 |
-
- ___ 1. It is important to me that people receive me for who I am, even if I am a little different.
 - ___ 2. It is important to me that my finances be in order.
 - ___ 3. I sometimes become “weary in well doing.”
 - ___ 4. It is vital to me that others ask me my opinion.
 - ___ 5. It is important to me that I receive hugs and warm embraces.
 - ___ 6. I feel good when someone “enters into my world.”
 - ___ 7. It is important to me to know where I stand with those who are have authority over me.
 - ___ 8. I am blessed when someone notices that I need help and offers to get involved.
 - ___ 9. When I feel overwhelmed, I want someone to come alongside me and bear my burden.
 - ___ 10. I feel blessed when someone recognizes and shows concern for how I am feeling.
 - ___ 11. I like to feel that I am valuable and important to others.
 - ___ 12. It is important to me to express my thoughts and feelings to those around me.
 - ___ 13. It means a lot to me when loved ones say, “I love you.”
 - ___ 14. I resist being seen only as a part of a large group—my individuality is important to me.
 - ___ 15. I am blessed when a friend calls to listen and encourage me.
 - ___ 16. It is important to me that people acknowledge me not just for what I do, but also for who I am.
 - ___ 17. I feel best when my world is orderly and somewhat predictable.
 - ___ 18. When I have worked hard on something, I am pleased when others express gratitude.
 - ___ 19. When I fail, it is important that others reassure me that I am still loved.
 - ___ 20. It is encouraging to me when 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 is important that someone expresses care for me after I have had a hard day.
- ___ 27. When facing something difficult, I appreciate having other people's input and assistance.
- ___ 28. Written notes and calls expressing sympathy after a serious loss or difficulty are meaningful to me.
- ___ 29. I feel good when someone close to me expresses satisfaction with me.
- ___ 30. I am blessed when someone spends time doing something with me that I really enjoy, even if it is not one of their favorite activities.
- ___ 31. I am a person who likes caring touch.
- ___ 32. When a decision is going to affect me, it is important that I be involved in the decision-making process.
- ___ 33. I am blessed when someone shows interest in what I am working on.
- ___ 34. I appreciate trophies, plaques, or special gifts as permanent reminders of something that I have done.
- ___ 35. I sometimes worry about the future.
- ___ 36. When I am introduced into a new environment, I typically search for a group with which I can connect.
- ___ 37. The thought of change produces anxiety for me.
- ___ 38. It bothers me when people are prejudiced against someone just because they dress or act differently.
- ___ 39. I want my friends and loved ones to be there for me "through thick and thin."
- ___ 40. I enjoy receiving written notes and other specific expressions of gratitude.
- ___ 41. Knowing that someone is praying for me is meaningful to me.
- ___ 42. I am bothered by people who are controlling.
- ___ 43. I am blessed when I receive unmerited, spontaneous expressions of love.
- ___ 44. I am pleased when someone listens carefully to me.
- ___ 45. I am blessed when people commend me for a godly characteristic that I exhibit.
- ___ 46. I typically do not want to be alone when experiencing hurt and trouble.
- ___ 47. I do not enjoy undertaking a project by myself; I prefer to have a partner.
- ___ 48. It is important for me to feel like I am a part of the group.
- ___ 49. I appreciate it when someone tries to understand me and shows me loving concern.
- ___ 50. I would rather work with a team of people than by myself.

Top Ten Relational Needs Questionnaire: Scoring

1. Add up your responses to the items related to the need for *Acceptance*:

1 _____
19 _____
36 _____
38 _____
48 _____
Total _____

2. Add up your responses to the items related to the need for *Affection*.

5 _____
13 _____
23 _____
31 _____
43 _____
Total _____

3. Add up your responses to the items related to the need for *Appreciation*.

18 _____
20 _____
25 _____
34 _____
40 _____
Total _____

4. Add up your responses to the items related to the need for *Approval*.

7 _____
11 _____
16 _____
29 _____
45 _____
Total _____

5. Add up your responses to the items related to the need for *Attention*.

6 _____
12 _____
24 _____
30 _____
44 _____
Total _____

6. Add up your responses to the items related to the need for *Comfort*.

10 _____
26 _____
28 _____
46 _____
49 _____
Total _____

7. Add up your responses to the items related to the need for *Encouragement*.

3 _____
15 _____
21 _____
33 _____
41 _____
Total _____

8. Add up your responses to the items related to the need for *Respect*.

4 _____
14 _____
22 _____
32 _____
42 _____
Total _____

9. Add up your responses to the items related to the need for *Security*.

2 _____
17 _____
35 _____
37 _____
39 _____
Total _____

10. Add up your responses to the items related to the need for *Support*.

8 _____
9 _____
27 _____
47 _____
50 _____
Total _____

Top Ten Relational Needs Questionnaire: For Reflection and Discussion

1. On which three needs did you score highest? What were these scores?

2. On which three needs did you score lowest? What were these scores?

3. On which three needs did your spouse score highest? What were these scores?

4. On which three needs did your spouse score lowest? What were these scores?

5. What might be some of the implications of your scores relative to your spouse's scores?
