

Relational Needs Assessment

Please place a mark in the box that applies.

	Statement	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
		-2	-1	0	+1	+2
1	It's important to me that people accept me for who I am, even if I'm a little different.					
2	It's important to me that my finances are in order.					
3	I sometimes get tired of always doing my best.					
4	It's vital to me that others ask me my opinion.					
5	It's important to me that I receive hugs and warm embraces.					
6	I feel good when someone considers and tries to understand my perspective.					
7	It's important to me to know where I stand with those who have authority over me.					
8	I feel good when someone notices that I need help and offers to get involved.					
9	When I feel overwhelmed, I want someone to notice and want to help.					
10	I feel good when someone recognizes and shows concern for how I'm feeling.					
11	I like to feel that I'm valuable and important to others.					
12	It's important to me to express my thoughts and feelings to those around me.					
13	It means a lot to me when loved ones tell me they love me.					
14	I resist being seen only as a part of a large group - my individuality is important to me.					
15	I'm happy when a friend reaches out to listen and encourage me.					
16	It's 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've worked hard on something, I'm pleased when others affirm me.					
19	When I fail, it's important that others reassure me that I'm still loved.					

20	It's encouraging to me when others notice my efforts 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'm thankful when a superior says, "Good job."					
26	It's 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 perspectives 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 feel fortunate when someone spends time doing something with me that I really enjoy, even if it's not one of their favorite activities.					
31	I like caring touches.					
32	When a decision is going to affect me, it's important that I am involved in the decision making process.					
33	I'm happy when someone shows an interest in what I'm working on.					
34	I appreciate trophies, plaques, or special gifts as permanent reminders of my accomplishments.					
35	I sometimes worry about the future.					
36	When I'm 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 happy and difficult times.					
40	I enjoy receiving written notes and other specific expressions of gratitude.					

41	Knowing that someone is thinking of me is meaningful.					
42	I am bothered by people who are controlling.					
43	I'm happy when I receive unmerited and spontaneous expressions of love.					
44	I'm pleased when someone listens carefully to me.					
45	I'm happy when people commend me for the positive characteristics that I exhibit.					
46	I typically don't want to be alone when experiencing hurt and trouble.					
47	I don't enjoy undertaking a project by myself; I prefer to have a partner.					
48	It's important for me to feel like I'm 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.					

Please return to your therapist for scoring and determination.